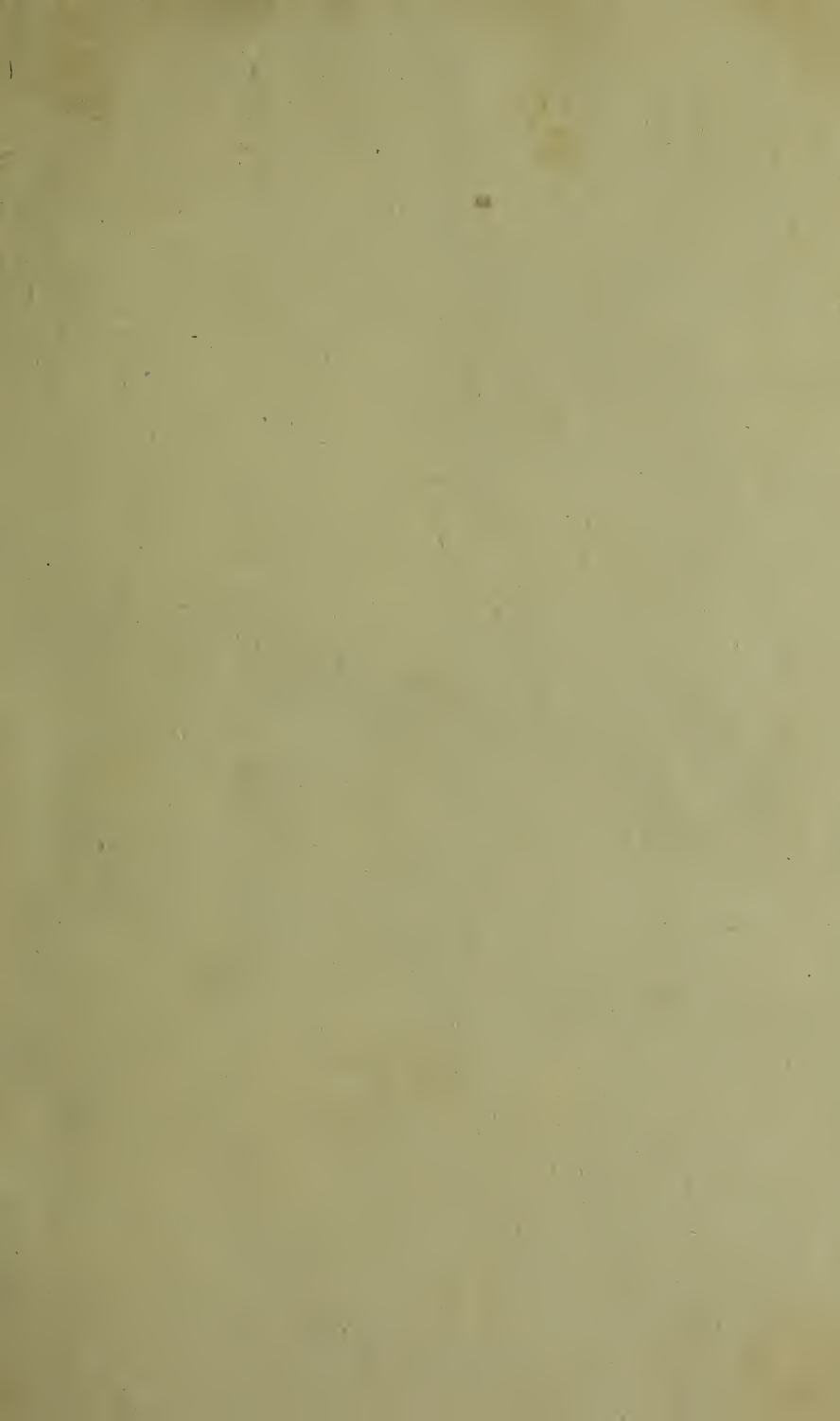


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JOHN LEAKE. M.D.

MEDICAL INSTRUCTIONS
TOWARDS THE
PREVENTION AND CURE
OF
Chronic Diseases

PECULIAR TO

W O M E N:

In which, their Nature is fully explained, and
their Treatment clearly laid down, *divested of
the Terms of Art*, for the use of those affected
with such Diseases, as well as the *Medical
Reader*.

TO WHICH ARE ADDED,

Prescriptions, or efficacious Forms of Medicines,
in English, adapted to each Disease.

By JOHN LEAKE, M. D.

Member of the Royal College of PHYSICIANS, London,
and Physician to the Westminster Lying-in Hospital.

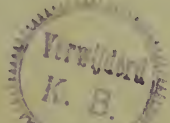
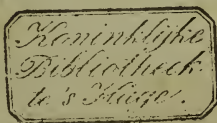
V O L. I.

SIXTH EDITION, WITH ADDITIONS.

L O N D O N:

Printed for R. BALDWIN, *Pater-noster Row*, and
A. MURRAY, *Fleet-street*.

M,DCC,LXXXVII.





TO THE
RIGHT HONORABLE

L A U R A,

COUNTESS OF

W A L D E G R A V E,

THE FOLLOWING

MEDICAL VOLUMES,

ARE

MOST HUMBLY

DEDICATED BY THE

AUTHOR.

London,
Craven-Street,
Jan. 3, 1787.

Now published, being the Sixth Edition, Vol. 2d.

PRACTICAL OBSERVATIONS on the *Acute Diseases incident to Women*, under the following heads: Observations on CHILD-BED FEVER, deduced from the symptoms of that disease taken from the living body, and examination of its *morbid appearances after death*; with the methods most conducive to its cure, illustrated with *cases and forms of medicine* adapted to each.

On the Prophylactic Method, or means of preventing *Child-bed Fever*.

On the nature and treatment of *Uterine Hæmorrhages or Floodings*.

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ON

MIDWIFERY, and *Diseases incident to Women and Children*,

Will commence from time to time, as usual, at his THEATRE in Craven-Street, London, where Particulars may be known.

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S E C-

INTRODUCTION.

TO examine and reject such customs and vulgar errors as tend to prejudice the understanding and injure health ; to point out the dangerous abuse of powerful medicines, and afford women more competent ideas of their own disorders, as well as the most gentle and effectual methods of treating them, is the intention of the following *Medical Instructions*: From thence they will be enabled to distinguish, whether such complaints may safely be trusted to *Regimen* and *Simple Medicines*, or whether they are dangerous in their tendency, and therefore require more immediate assistance.

It would, indeed, be unnecessary that women should attend to physic in a methodical and scientific manner; the idea of every woman being her own physician, on all occasions, is ludicrous in terms, and would be no less so in its application.

A few years ago, I published my PRACTICAL OBSERVATIONS ON *Acute Diseases*, soon after translated into the *French* and *German* languages: The approbation with which they were publicly received was such as might have done honor to a work of superior merit, and I confess gave rise to the following MEDICAL INSTRUCTIONS, a *sixth Edition* of which, with my PRACTICAL OBSERVATIONS, in two volumes, I now have the pleasure to lay before the Public, towards the prevention and cure of such *Chronic* and *acute Diseases*,

as

as observation and repeated experience have suggested to me from time to time.

Should the undertaking appear exceptionable to some, from the simplicity of its plan, which adapts it to *general comprehension, on the principles of common sense*; I trust there are many of discerning minds and disinterested views, who will distinguish better, and readily approve a design, the great objects of which are the *Prevention of Diseases and Recovery of Health*.

Throughout this first volume I have endeavoured to preserve such a regular succession of circumstances, as to render the whole plain and instructive. The first chapter commences with the treatment of diseases proceeding from irregularity, obstruction, or cessation of the periodical discharge; in the second, the various diseases of the womb and contiguous

parts are amply considered, respecting their cause and cure; the third contains the curative method in diseases of the stomach and bowels; nervous, and hysteric affections, low spirits, and melancholy; *Dropfy* and *Consumption*. In the last, I have treated on diseases of the skin and glands; influence of the passions on the body and mind; effects of weather on delicate constitutions; and the salutary power of *air, diet, exercise, and simple medicines*.

To the whole is added a SUPPLEMENT, with *Prescriptions* or forms of medicine adapted to the several diseases.

For several years past, since *I declined the Practice of Midwifery*, my attention has been more particularly directed to that branch of medical science, which comprehends the nature and treatment of *Female Diseases*; in consequence of being Physician to the

WEST-

WESTMINSTER LYING-IN HOSPITAL,*
where upwards of *six thousand* women
have already been relieved.

If, in the following sheets, I have laid
much stress on the salutary power of *Regi-*
men and *Simple Medicines*, it was from a
thorough

* The Right Hon. Lord GROSVENOR, President.

Duke of RUTLAND,	} Vice Presidents.	{	Right Hon. C. J. Fox,
Admiral, Lord HOOD,			Hon. T. GROSVENOR.
Hon. Gen. W. HERVEY,			Maj. Gen. Sir R. BOYD,

DR. LEAKE, of *Craven-Street*, in the *Strand*, London, A.D.
1765, purchased a Piece of Ground on a Building-Lease,
on the *Surry Side* of *Westminster-Bridge*, and afterwards pre-
sented to the Public the *Original Plan* for the Institution of
this Hospital. Soon as the Building was raised by Public
Subscription. he voluntarily, and without any Considera-
tion, assigned over his Right of the above *Ground*, to the
said Charity. Being honored with the Patronage of se-
veral Gentlemen of *Rank* and *Distinction*, and favored with
the Assistance of his *Friends* and the Public, which he is de-
sirous most respectfully to acknowledge; he at last had the
Satisfaction of seeing this charitable Design carried into
Execution after the repeated Exertion of his utmost Endeavours to that End.

This HOSPITAL was principally designed to relieve the
Wives of poor industrious Tradesmen, and also for those of
Soldiers

thorough conviction of their efficacy, and because experience assured me they afford the most gentle and natural means of curing *Chronic Diseases*.

They

Soldiers and Sailors: But Representation having been made to the Governors, of the many severe Hardships which *unmarried Women* undergo, who on that account are rejected elsewhere; they unanimously resolved to receive such as are found to be Objects of real Want, not doubting that this Resolution, which is *founded in Humanity*, will meet with the Countenance and Approbation of the Public; many melancholy Instances having occurred, where unfortunate Women, overwhelmed with Shame, and destitute of hope, money, or friends, have been driven to *Despair* by such complicated Misery, and were tempted to *destroy themselves or murder their Infants!* But lest the perversion of this Design should tend to encourage Licentiousness, they have limited the Indulgence to the *First Time only* in which such Women have been unwarily seduced from the Paths of Virtue.

Into this HOSPITAL, tho' yet in its Infant State, upwards of *Six Thousand* Women have already been admitted. *Several* have been *Delivered at their own Habitations*, without *Fee* or *Reward*: and many recommended as *Out-Patients*, for Relief in *Disorders peculiar to the Sex*.

* * Subscriptions are received at Mess. Drummonds and Co. Bankers, Charing-cross; and by the Weekly Board, every Tuesday, at the Hospital, *where a Printed Account of the present state of the Charity may be had at large*.

They have a slender title to medical knowledge, who limit the treatment of such maladies to the sole use of medicines; and it ought to be remarked, that there is not any thing to be considered *medicinal* which does not relieve or cure, however dignified by particular names importing its superior efficacy; and on the contrary, should the disease be removed by *Air*, *Diet* and *Exercise*, or the most innocent *Vegetable Simples*; they are then to be looked upon as medicines to all intents and purposes.

Little having been said of *Female Diseases* in a practical and intelligible manner; I thought the present undertaking more necessary; for altho' *Tissot* in his *Advice to the People*, and *Buchan* in his *Domestic Medicine*, have written excellently and judiciously on diseases in general; they have in a great measure, omitted those peculiar to
 women,

women, except such as arise from obstructed menses, pregnancy and child-birth.

The celebrated *Van Swieten*, late physician to their Imperial Majesties; *M. Roussin*, physician to the King of *Sweden*; together with *Arbutnot*, *Fuller* and *Cheyne*, who have all written on the same liberal and simple plan, shew, that respectable precedents are not wanting on this occasion, and consequently, that no apology can be necessary for my present undertaking.

With such, indeed, as are to profit more from the administration of medicines, than by enforcing the *benefits of Regimen*; it may appear a very unpopular task to shew the abuse of one, or good effects of the other; but demonstrable truths ought to carry conviction with them, whether they are for our interest or against it. If some are to be found who cannot assent to this opinion, I hope the number is small.

To

To follow what we disapprove, and act in contradiction to our own feelings, to be afraid of doing justice and speaking truth, argues the most temporising and slavish conformity to customs, “ more honored in the breach than the observance.” I can say with great truth, that I have long thought something like the following work might be productive of general good, and that nothing, in my power, has been wanting to make it answer that desirable and important end.

Were women as attentive to the inestimable Blessings of Health, as the capricious extremes of novelty and fashion, it would be fortunate for themselves and their offspring; but as this is rather to be wished than expected, it may be necessary to put them in mind, that although Health does not altogether constitute Beauty; Beauty is the Child of Health, and cannot long exist without her parental influence. In vain they would strive to preserve one, without due regard

gard to the other : *the great secret of improving Beauty consists in the art of preserving Health*: 'Tis that which animates and lights up the countenance with expressive smiles, which touches the lip with vermilion, and diffuses o'er the cheeks a freshness and vivid glow surpassing Circassian bloom. It gives sweetness to the breath, and lustre to the eye ; but let sickness and disease overshadow the beautiful form, and its appearance is no longer retained ; the snowy whiteness of the skin is exchanged for a fallow hue, the lustre of the eye is tarnished, and the blooming cheek will fade ! Is it not then to be lamented, that the true value of Health is seldom sufficiently regarded, till it is either impaired, or irretrievably lost ?

Was it further necessary to shew the importance of Health, and its estimation among the wisest people in all ages ; we need only take a view of the means they devised to attain it.

In the infancy of physic, the *Ægyptians* and *Chaldeans* first introduced the method of placing the sick in public streets and highways, in order to receive information from travellers passing by, in what manner they had been cured of the like diseases. *Herodotus* tells us, the *Babylonians* obliged themselves by a law to observe the same wise custom. In *Greece* it also prevailed, where offerings on *votive tables* were hung up in the temple of *Æsculapius* the God of physic, whereon the name of the disease and medicines which cured it were engraved and recorded for the public good. From those rude outlines, the venerable *Hippocrates* collected his *Aphorisms*, so justly admired for ages, and delivered down to posterity as the very basis of true medical knowledge.

When we look back on the slender causes which gave rise to the noblest productions of *nature* and *art*, we need not be surprised,

surprised, that by such information, great advances were made in the method of curing diseases. Those who practised in this simple manner, were not deluded by *theory* or *hypothesis*, but judged from the evidence of their own eyes, taking it for granted, that what had cured one, might prove equally beneficial to another, under the like circumstances; and it may be remarked, that knowledge thus experimentally acquired, is more genuine, and less fallacious, than what we obtain by more elaborate means.

It ought not therefore to be slighted because it springs from humble sources, but rather should be considered like gold in the mine, which lies buried with baser metals, and often is brought to light by mere chance, after human industry had sought for it in vain.

In this manner, the lord of the creation, with all his boasted reason, has often been obliged to borrow information from the

beasts

beasts of the field, and birds of the air ; according to the elegant Poet of the following lines.

- “ Thus, then to man, the voice of Nature spake,
 “ Go, from the creatures thy instruction take :
 “ Learn from the birds what food the thickets yield ;
 “ Learn from the *beasts* the phyfic of the field ;
 “ Thy arts of building from the *bee* receive ;
 “ Learn of the *mole* to plough, the *worm* to weave ;
 “ Learn of the little *nautilus* to sail,
 “ Spread the thin oar, and catch the driving gale.”

POPE.

After the discovery of a new world in *America* ; the virtues of many vegetables were made known by the native savages to the *Europeans*, who by their superior skill in phyfic, greatly extended and improved the use of those salutary medicines ; but as we have not a *Specific* for every disease, like the *Peruvian Bark* for the cure of intermit- tent fevers ; 'tis evident, that great judg- ment is necessary, to make one and the same medicine answer many different inten- tions of cure.

The

The element of *fire*, if used with discretion, will warm and cherish the body, but immoderately applied, it becomes destructive; and *wine*, the most generous of cordials, which exhilarates and makes the heart glad, if taken in excess, will benumb the senses, and turn the man to beast.

Like those perverted blessings, are *powerful medicines* when misapplied; for, that sovereign remedy the *Peruvian Bark*, and the almost divine powers of *Opium*, are in their own nature the same, whether in the hands of the ignorant or skilful; altho' the difference of their effect will be very great, according to their proper or improper use. It is not, therefore, only the thing itself, but also its use or abuse, which constitutes the *remedy*, or *poison*.

That sagacious and incomparable physician, *Sydenham*, whose skill was equalled by nothing so much as his exceeding honesty, after long and extensive experience, at last

com-

comprised all his medical knowledge in his *Processus Integri*: This valuable production he carefully drew up for the use of his son, but in a plain and simple style, such as best becomes the truth.

By diligent and repeated observation, he discovered what his envious co-temporaries could not before find out, with all their pretended subtilty and acuteness of reasoning; namely, that the free and unlimited use of *Fresh Air* and *cold Fluids* were indispensably necessary in the *Small Pox*; and that the contrary method was the sure way to kill the patient, altho' in his time it was the prevailing practice. This I mention to shew the superiority of practical knowledge, and the fallacy of those who expect to cure diseases without it; as well as to demonstrate the power of *Cooling Regimen*, which did more in subduing that destructive disease, than all the *Materia Medica* put together.

If the efficacy of *Regimen* is so very apparent in *Acute Diseases*; the propriety of its use in maladies of the *Chronic Kind* must still be more evident; for as they are attended with less immediate danger; it may be longer continued and varied, according to the nature of particular circumstances, in such a manner as to produce a gradual, lasting, and salutary change in the bodily system; especially when assisted with *mild and simple Medicines*.

Instead of this rational method of proceeding; a *Farrago*, or unnatural hodge-podge, is often directed for the patient, where many ingredients of contrary qualities are jumbled together, in spite of their own enmity to each other. The jarring elements of *Fire* and *Water* might as well be expected to agree. But, even admitting the efficacy of the several ingredients when separately considered; according to such modes of prescription, there

is

is generally too small a quantity of any one of them, to make it act with sufficient power.

What then is to be expected from those compositions, which, either considered in whole or in part, exclude every idea of answering their proposed end? But should the event prove favourable, it would be impossible to determine which of those several ingredients was most conducive to the cure, consequently, no improvement could from thence be made in the art of healing. Such mixtures are well calculated to keep both patient and prescriber in profound ignorance of what is productive of good, if fortunately such should be their effect: They may indeed, as usual, be said to be made *according to Art*, for nature has nothing to do with them.

From whence this extraordinary fondness for compound medicines could proceed, is not easy to discover; without it was

from our ignorance of the true qualities of *Simples*. Why should we attempt to do that which nature with her own salutary hand, and more than chemical exactness, has done much better? for every plant is, in reality, a compound of *Oil*, *Spirit* and essential *Salt* differing in specific quality, according to the proportion of those principles.

Such substances then are already prepared for the purposes of medicine; but if we torture and disjoin their parts, we defeat the intention of nature, by making them what they were not before; and thus *convert natural medicinal substances, into dangerous artificial poisons*.

The *Bitter Almond*, for example, contains both a *Poison* and its *Antidote*; for, in its natural state, it may be taken as nourishment with the greatest safety, but only separate from it the two sorts of *Oil*, of which it is possessed, the one from its hulk or
 membrane,

membrane, by distillation ; the other from its white or mealy part, by pressure ; and we shall find that ten drops of the first, in an ounce of water, will kill a dog in half an hour ; whilst on the contrary, the other is friendly to the constitution, and affords wholesome nourishment.

Surely there is a nearer road to the cure of *Chronic Diseases*, than by the stomach and bowels, from what are called medicines : But the wide-extended path of nature is often deserted, whilst men are ridiculously employed in making their way thro' narrow avenues beset with briars and thorns ; and so long as they profit largely by this kind of labour, 'tis no wonder, that now and then they should be tempted to go a little about.

Whatever benefit is suddenly produced by the effects of strong medicines, is generally done with some degree of violence to the constitution, and is seldom lasting ; whereas, *Air*, *Diet*, and *Exercise*, do not

like the former, affect particular parts of the body and for a short time only ; but are always acting upon the general habit in a natural, uniform, and gentle manner. Those remedies do not pall the stomach and subject the patient to any severe penance ; but, on the contrary, increase the appetite, strengthen, invigorate and cheer the spirits, promote a free and equal distribution of the blood through its vessels, as well as the several discharges depending upon a due circulation.

Diseases which are slowly produced, can only with safety be slowly taken away ; and few I believe will oppose a truth so manifest, or deny that this purpose is best effected by *Air, Exercise, and a medicated Diet*. Those are the *Grand Alteratives* in nature's Dispensatory, those the mild but *powerful Simples*, which in due time will produce a salutary and lasting change ; attended with circumstances which cannot fail to recommend

mend them, viz. they may be *beneficial to all* and can be *hurtful to none*.

In general, *Chronic Diseases* are the offspring of intemperance and irregularity of the passions, which, by weakening the nervous influence, impair both appetite and digestion, and render the natural discharges of the body irregular and defective.

To those causes may be added some others arising from an hereditary taint, or acute diseases terminated by an imperfect crisis. The too frequent and unseasonable loss of blood by the lancet, or preposterous use of strong medicines, as *Vomits, Purges, Mercury*, and the like, may also lay the foundation of such diseases.

Diseases peculiar to certain places, which are therefore called *endemic*, as well as those prevailing in different nations and climates; or according to the nature of people's various employments and manner of living, all evidently shew, how much the health may suf-

fer from causes always present to the body, and insensibly acting on the constitution.

From this obvious and self-evident principle we may expect to prevent, or cure, the most obstinate *Chronic Diseases*, by the long continued use of *Regimen* and *Simple Medicines*, which being regularly continued without violence to the constitution, have the power to produce in the body a gradual, and as it were, a mechanical change.

In short, if the damp, unwholesome air of particular places, has been found to occasion *Agues* and *Dropsies* peculiar to such situations, as in the *Fens of Essex* and *Lincolnshire*; if a total abstinence from fresh vegetables, and the excessive use of salt and smoke-dried animal food, or living in low, marshy places contiguous to the sea, have, in a thousand instances, been known to produce the *Scurvy*; and if a sedentary, inactive life, has been observed to enervate the body, bring on indigestion, paralytic numb-

ness

ness and wasting of the limbs, hysterics and melancholy ; it will then follow, from the principles of common sense, that the use of dry, clear air, simple vegetable food, and moderate exercise, will not only prevent, but also powerfully contribute to cure such diseases ; since those may be all uniformly applied to the body, and will constantly act on every part of the whole, in a manner directly opposite to the morbid causes.

Those are the *great and universal Remedies* which nature calls to her aid in the cure of diseases : They are not, like particular substances, taken from a changeable *Materia Medica*, the medicines of to-day and to-morrow, but will permanently continue to exert their sovereign power, to the end of the world. How different is the fate of many things which ignorance and superstition, or the excessive caprice of mankind, had, for a season, stamped as genuine and infallable ? For as the hand of time shall

shift the scene, and tyrant custom prevail ; many of those very medicines and modes of practice, which have so much captivated their enamored votaries, like others which went before them, will be viewed by posterity as airy nothings, the very baubles and bagatelles of the science,

I would not from hence be understood to mean that *Regimen* should entirely *supercede the use of Medicines* ; on the contrary, I know they are often absolutely necessary and highly beneficial. But it is much to be regretted, that many insignificant trifles have been introduced into practice, and were much confided in, whilst *Regimen* was neglected and set aside. The preservation and recovery of health rather depend on temperance and the regulation of the passions ; the proper choice of medicated aliment, the common benefits of fresh air, and exercise, than the frequent administration of medicines.

Whatever

Whatever is too subtle for the comprehension of moderate understandings, or minute for the eye of common sense, promises but little advantage in the attainment; for it may be asserted as a general truth, that the most useful part of every science is obvious and striking at first view. Many of those which formerly were mysterious and abstruse, when stripped of their pedantic buckram and foppish parade, became intelligible to common capacities.

The sublime science of *Astronomy* has been made easy of access by that elegant writer and polite Philosopher *Fontanelle*. *Geography* and *Natural History* have also been laid down on the most simple principles; and I can see no reason why *Physic* may not likewise venture to speak in plain and intelligible terms. The *Spectator* remarks; “ *It is one of the greatest beauties of Poetry, to make hard things intelligible, and to deliver what is abstruse of itself in such easy language* ”

“guage as may be understood by ordinary readers.” If this is a merit in poetry, surely it is much more so in medical writings, where the reader is in pursuit of useful instruction rather than amusement.

The general interest of the medical art can never suffer by such proceedings; for, by informing the minds of men with just ideas of its true nature, and shewing, that like other sciences, it is limited in extent, many unreasonable prejudices would be obviated or removed.

They would not then complain of disappointment in being cured of diseases absolutely incurable; but, on the contrary, would be taught to know, that by proper rules and cautions, some diseases might certainly be prevented, that several might be perfectly cured, that some could only admit of relief, and that others, from an internal decay of the organs or instruments of life are, in their own nature, utterly incurable,

curable, without the physician was possessed of power to create new parts where the old ones were worn out and destroyed.

Besides, a competent idea of this subject would enable them to distinguish modest merit from presuming ignorance, and to form a proper judgment of such as are fittest to be intrusted with the care of their health, independent of mere names in vogue, to which accident, or more exceptionable causes, have often contributed not a little. In a word, the credit of medical science, and the interest and honor of those who profess it, can never be more properly supported, than by such liberal and direct proceedings as tend to the immediate relief of those who employ them, whether that is to be done by the administration of medicines, the use of *air*, *diet* and *exercise*, or the united powers of the whole.

Health is so important a blessing, that people are intitled to the best information
they

they can get concerning it, and to the privilege of seeing with their own eyes ; instead of being hoodwinked and led blindfold by the delusive promises of advertising quacks with borrow'd names, impostors, and *water-doctors*, who pretend to discover the face of the disease on the surface of urine, as in the very mirror of truth, but in reality see nothing there so clearly as the patients ignorance and their own gain.

In the common concerns of life, people generally examine what they intend to purchase with a penetrating eye ; but in the important article of health, their discernment often forsakes them ; for very sensible minds are observed to be not a little influenced by the example of the multitude, and instead of judging properly for themselves, or confiding in those who, from principles of honour, are sparing of their promises ; they weakly put their trust in such as deal in promises only.

The

The medical science, as to its proposed end, is the most noble and useful of all others, having nothing less for its object than the Preservation and Recovery of health, which is the very basis of human happiness; for sickness and diseases not only rob us of all enjoyment, but, at last, of life itself. If the means by which it ought to be effected have sometimes been abused, that is not a fault of the science, but of those who are unworthy to profess it.

The useful part of medicine stands in no need of a mask to cover its real form; the more it is unveil'd, the more its native excellence will be displayed; but where it has made use of meretricious arts to delude and seduce the unwary, let it be stripped of such tinsel ornaments, and stand exposed to open view.

In the following *Medical Instructions*, I have drawn into a narrow compass, all that appeared to me truly useful and interesting
in

in the prevention or cure of *Female Diseases*; and, although I availed myself of whatever contributed most to that design; I have throughout the whole, principally depended on *such experimental facts as occur'd to me in practice*. All nice and perplexing distinctions relative to remote, morbid causes, or quotations from authors which would have rendered this work tedious, have been omitted as foreign to my design.

The subject demanded a style the most simple and plain to make it more universally understood, for, to write in a manner unintelligible, would, in effect, have been the same as not writing at all. I have therefore been obliged to exclude many terms of art, and adopt others less elegant, which was a real disadvantage to the language; indeed, I often found myself not a little embarrassed between the extremes of indelicacy and obscurity, both which I was most solicitous to avoid.

Not-

Notwithstanding this work was principally intended for the *Female Sex*, many of whom are too far from proper advice, or unable to pay for it ; I am inclined to think it will merit the perusal and attention of more competent judges, being part of such doctrines as I have advanced in my *Public Lectures*, and adopted with repeated success in the course of several years practice. It will afford useful and necessary information to those engaged in the science of midwifery, or to such as desire a thorough knowledge of the female constitution and the true nature of its various diseases ; which *being alternately the effect, as well as the cause of obstructed or redundant menses*, are of all others, the most complicated and difficult to cure.

From this peculiarity in such maladies, they have often been imperfectly understood and injudiciously treated ; consequently, without proper advice can be had, it would be better to let nature take her own course,

course, than intrust her to the conduct of those who are blind. This caution is more necessary, as daily instances occur in this great city where women, from false delicacy or culpable reserve, commit themselves to the care of those who have no adequate idea or real knowledge of such diseases; As they see no danger, they think none is to be feared, and therefore, often venture on the use of the most powerful medicines, which, although good in themselves, become liable to the most fatal abuses, by their inconsiderate and improper application.

Much pains have been taken to cure diseases, but very little to prevent them; although the last intention depends as much upon rational and certain principles, and may be as properly reduced to an art as the former.

If the *cure of diseases* is a thing of great importance to the general good; the *art of preserving*

preserving health is matter of still greater moment; for, many diseases, especially those of long continuance, do not always admit of cure. They may not indeed prove suddenly destructive, but the constitution receives a shock from every attack which weakens the springs of life, and takes something from its length of days.

Although it is not so much the interest of the profession to prevent diseases, as to cure them, it is equally their province and duty; and if attention was paid to this branch, by means proportioned to the end, they would probably be more successful in the first, than last; yet such is the fatality of medical science in what concerns the *Prophylaxis* or *prevention of diseases*, that many salutary rules and cautions, tending to the preservation of health, are either blindly overlooked, or neglected; and many pernicious customs still retained, to its manifest injury.

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The source of this error seems to arise from people not being duly sensible of the value of health, till they have lost it, and the evils they might certainly avoid on this occasion ; for, in general, medical advice, and the services that might result from it, are undervalued and disregarded, on the mere presumption that the diseases they are said to have prevented, would probably never have happened. But if intemperance and neglect are known to destroy health ; temperance and prudent caution will as certainly preserve it. *Valetudinarians* would therefore act a friendly part to themselves, in supposing a Physician as much entitled to reasonable gain, for laying down rules towards the preservation of health, as he who should prescribe medicines with a view to restore it.

If some faults, therefore, fall to the share of the medical profession, others may as justly be imputed to many who employ them.

them. Very unreasonable advantages are sometimes taken of the most liberal and disinterested conduct. The visits of a Physician, or attendance of an Apothecary, are often requisite, when the first finds it unnecessary to prescribe medicines, or the last to prepare them.

There are seasons when they ought to be discontinued as well as administered, and every one who has judgment and probity will duly regard such distinctions; but this cannot possibly be done without seeing the patient from time to time; consequently, visits made on those occasions being equally important to their safety, ought not to be disregarded; and it is a real hardship that those whom honesty forbids to direct medicines, where none are necessary, should suffer in their interest on that account.

It would be affectation, as well as ingratitude in me to regard with indifference the distinguished marks of public approbation, however unmerited, which

the former editions of these Medical Instructions have been received, notwithstanding the puny efforts of selfishness and prejudice. If I have had much trouble in preparing them for publication; the pleasure I have sincerely felt, in rendering them serviceable to the community, has been a sufficient recompence.

CHAP.

CHAP. I.

SECTION I.

*Of the Periodical Discharge peculiar to Women,
in its natural state, commencing at the age of
maturity.*

TOWARDS a more perfect knowledge of *Chronic Diseases* incident to women, and as an introduction to their treatment and cure, it will be necessary to explain the nature of that periodical discharge which commences at the age of maturity.

A minute discussion of the many speculative points and contraverted opinions mentioned by authors, would rather embarrass

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and perplex, than instruct the female reader, it will be sufficient to lay before her such plain and obvious circumstances as afford a general idea of the subject, and tend to dispossess her mind of those prevailing errors, which might otherwise influence her conduct to the prejudice of health.

First then, it should be remarked, that a woman's constitution is endowed with the power to prepare a larger quantity of vital fluid called *blood*, than is necessary for the immediate subsistence of her own body; the overplus being intended for the nourishment of her child in the womb; and lest it should over-fill the vessels and incommode her constitution, when she is not pregnant, provident nature has ordered it off by the womb once a month; it is therefore properly called the *Menses* or *Monthly Discharge*.

'Tis evident that this superfluous blood was intended for the service of the infant,
because

because, both in *pregnant women and nurses who give suck, the menses are naturally wanting*: In the first they are consumed by its growth in the womb; in the last by milk drawn from the breasts, thus depriving the constitution of a considerable quantity of that nourishing fluid which otherwise would have been converted into blood, so as to produce the periodical discharge.

No other satisfactory reason can be assigned, why the monthly evacuation should come on at the age of maturity, and cease in the decline of life; or even why did it not appear in the infant state and continue periodically even to extreme old age; seeing that the structure of the womb, and distribution of its vessels, are nearly alike in both. It has, indeed, been asserted, that before maturity the blood is gradually consumed by the growth of body; but this is too superficial a reason to deserve attention, be-

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cause the body continues growing long after menstruation.

From those circumstances, it becomes manifest, that the first appearance of the menses denotes the age of maturity, and shews that the female is in a capacity to produce her species according to the stated law of nature ; and agreeable to this observation, women have seldom been known to conceive before their commencement, or after their total cessation. When they bring forth children at a very late or early period, they are usually unhealthy, short lived, and like untimely fruit robb'd of its nourishment, wither and die before they arrive at maturity. The same defect may be observed in the feminal principle of vegetables, for their unripe seed will never produce vigorous plants.

In this country the periodical discharge generally comes on about the age of fifteen, and in healthy subjects returnsevery twenty-eight

eight or twenty-nine days; that is every lunar month, till about the age of forty five; but its long or short duration chiefly depends on the date of its first commencement; for in proportion to its early appearance, it goes off the sooner, and so on the contrary. It usually continues for the space of three or four days, the quantity then evacuated varying considerably in different women, according to their age, climate, difference of constitution, and manner of living.

In the warm southern climates of *France*, *Portugal* and *Italy*, I observed it came on at a more early period, and was more regular and profuse than in colder countries. In the icy regions of *Lapland*, we are told, that many women only menstruate in summer. In the first of those places they begin to breed much sooner, and are more fruitful than in the last. It has been remarked of old, that the *Scythian* women were often
barren.

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barren, because they had so small a quantity of the menses; and for the same reason those of *Greenland* are seldom very prolific, having usually no more than two or three children, but oftener, one or two, and frequently none at all. Hence it may be observed, that animal, as well as vegetable bodies, are considerably influenced by the nature of the climate where they are produced.

Conformable to those observations, we find that women in our own country, being *irregular* or *obstructed*, are either barren, or bring forth a puny race of children; and on the contrary, those who have a more copious and regular flow of menses, are generally fruitful, and blessed with a numerous and healthy offspring.

The prudent conduct of women, at this critical juncture, when a kind of revolution is brought about in the constitution, is of the utmost importance to their own future health, as well as that of their offspring;

spring; the very production and well being of which depend upon the due returns, and a sufficient quantity of the periodical discharge.

The following symptoms of the monthly indisposition will best point out the time when such cautions are proper and necessary. A few days before, the breasts grow larger, the patient has pains in her loins, with a sense of weight and fullness in the uterine region. Sometimes a giddiness of the head with retchings attend, and I have seen instances, where hysterical symptoms also prevailed. But although those and many other complaints of the like nature are troublesome to women at this period, they usually go off on the first appearance of the discharge.

Women at this time should avoid as much as possible, all such causes as disturb the body or mind. The bowels and feet in particular should be kept warm, and care
taken

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taken not to sit in wet cloaths, or expose themselves to a stream of cold air near open doors or windows. Late hours, anxiety of mind, or the extremes of anger and sudden fear, are also highly pernicious.

Their food should be simple, and rather of the fluid than solid kind. They should abstain from cold liquors, acid, and unripe fruits; and therefore, iced-water, austere cyder, port, rhenish or other wines of an astringent quality, are to be avoided as improper.

If some at this time are so happy as to perceive very little alteration from a state of perfect health, notwithstanding their neglect of such salutary rules and cautions; it may be truly said, they are more indebted to the strength of a good constitution, than to their own prudent conduct; the want of which has often laid the foundation of incurable diseases, and in the end deprived the patient of life.

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For such as menstruate with pain and difficulty, it would be proper gently to open the body by *Magnesia*, and afterwards to take one of the *Anodine Pills*, no. 1. every night, or oftener if necessary, and to keep in bed till the symptoms of violence are over.

So great and remarkable is the change produced in the female habit, towards the first commencement of the menses; that some obstinate and long-continued disorders have then been known to abate or totally disappear, especially *Convulsions* and the *King's Evil*, altho' they had before resisted the efficacy of the most powerful medicines. Hence it is evident that this is the proper season to aid the powerful efforts of nature, by the timely assistance of art; a circumstance of the utmost consequence to the patient's future welfare, tho' generally overlooked or disregarded.

Was this favourable opportunity duly attended to, and proper medicines directed;
probably

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probably those, and other diseases of the like nature, might be effectually removed, which by neglect, and length of time, become so diffused through the blood, and interwoven with the solids, as to continue during life, without the possibility of cure.

The periodical discharge is not sanious or malignant, as many have supposed, but a sanguineous fluid, equally pure with that circulating in the blood-vessels; otherwise it would have been very unfit to nourish the child in the womb, whose body is, as it were, built up by the redundant blood retained in the mother's constitution, during pregnancy, for that special purpose.

Women need not, therefore, look upon this critical evacuation, as the monthly task of nature to purify the blood; but only consider it expedient to prevent overfulness of the vessels, which will be more particularly remark'd in the next section.

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The error of the ancients seems to have taken rise from a passage in the *Mosaic Law*, forbidding all commerce between the sexes till after purification by ablution or bathing, a custom which still prevails among the Jewish and Eastern women ; and inasmuch as it is founded in delicacy and contributes to health, deserves the imitation of women in general, however distinguished by country or religion. In this particular the *Italian Ladies*, who first introduced the *Biddeau*, deserve the highest commendation.

From the relation of travellers, who tell us, that among the savage women of *Topinambos* and those of *Tapnias* in the *Brazils*, the menses are almost totally wanting ; some have too hastily concluded that this discharge does not necessarily arise from the institution of nature, but rather is the effect of luxury and excess, prevailing in the more civilised parts of *Europe*, which pervert and change the original state of the constitution.

But

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But we need only take a review of the particulars already advanced, to shew the fallacy of this opinion, and to prove that in the human subject, at least, the periodical discharge is essential to the female constitution, and necessary towards the production of her species.

If some women are to be found, who are destitute of this natural benefit, and yet enjoy health, such are commonly robust, and possess the temperament and disposition of men ; barren and bold, they are endowed with masculine feelings, and little susceptible of that tender partiality which mutually influences the two sexes, and endears them to each other ; which softens and harmonises the passions of the one, and renders the other irresistibly pleasing.

SECTION

S E C T I O N II.

Of the Periodical Discharge in a diseased state, namely, when irregular, obstructed, or immoderate in quantity.

AS regularity of the periodical discharge indicates the natural state of the female constitution, and is essential to health ; so its obstruction or excess powerfully dispose the body to diseases of the *Chronic Kind*.

Where the constitution happens to abound with blood, before the uterine vessels are sufficiently enlarged to allow of its passing off that way ; a disease peculiar to virgins, called *Chlorosis* or green sickness, is said to be produced, and this usually appears about the age of maturity.

If the periodical discharge has been regular for a considerable time, and at length, from any

E accident

accident returns by longer intervals, or more sparingly than usual, it is said to be irregular or obstructed; but if it does not return at all, it is then called a total suppression of the menses; so that those several complaints, however different in degree, all arise from the same cause, that is, from retained menstruous blood, which vitiates the whole mass, and renders it unfit for circulation and the purposes of life.

But altho' this has been the general opinion; many reasons may be adduced to prove, that blood so retained, rather *offends in quantity than quality*, and the bad effects are chiefly owing to the stress laid on its several vessels, in consequence of their being overfill'd; hence the circulating power is clog'd and impaired, and that free and equal distribution of blood prevented, which is necessary to a state of health.

From such disorders as are observed to be brought on by obstructed perspiration; a sudden

fudden stoppage of the bleeding piles, or even the omission of blood letting, to which the patient had been accustomed at particular seasons of the year; and where the blood evacuated was equally pure with that remaining in its vessels, there is reason to believe, that the menses when obstructed only affect the constitution, by weakening the vascular system of the body, and not by imparting any noxious quality to its humours.

An influence, malignant as that of the *Dog-Star*, absurdly and unworthily imputed to women at this period, viz. of stopping the fermentation of liquors, and killing vegetables by the slightest touch, with such like fabulous relations, ought therefore to be rejected as *vulgar Errors*, the offspring of ignorance and over credulity, equally inconsistent with reason or the law of nature.

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On the contrary, I have already remarked that where the natural discharge is interrupted, women are not only deprived of the delicacy peculiar to their sex, but also of health itself.

The cause of green-sickness is not, however, solely confined to an obstruction of the menses, for virgins are sometimes subject to it at a very tender age, before any redundant blood could naturally be collected in the habit ; besides, if it were entirely owing to a defect of the natural discharge, the several symptoms would immediately disappear at its first commencement, which is not always the case.

This particular species of disease, seems rather to arise from constitutional weakness, or a general want of power in the several organs to perform their natural office. The digestive faculty of the stomach is impaired, and consequently, the juices derived from the food being crude and watery, are
insufficient

insufficient to nourish and supply the body : Hence, the heart, which is the principal instrument of circulation, can hardly drive forward the blood in its vessels, or distribute that vital fluid to different parts of the body, without which, like a plant deprived of water, it must languish and decline.

Under such circumstances, neither health or strength can long subsist, nor can the necessary evacuations be duly promoted. From obstructed perspiration will proceed, weariness, oppression of spirits, wandering pains, and slow fever. From costiveness, will arise, head-ache, palpitation of the heart, and throbbing of the internal parts, especially after violent motion or sudden surprise ; also, indigestion, heart-burn and swelling at the stomach. And lastly, from a defect of the urinary discharge ; the blood will be loaded with scorbutic humours, and a bloated, dropical habit of body will ensue.

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To those prevailing symptoms of *green-sickness* may be added, a countenance wan and fallow, with remarkable paleness of the lips, and excessive coldness of the feet, all arising from the same cause, viz. an impoverish'd, watery blood, and the want of its free circulation. The patient's appetite is whimsical and much impair'd, often directing her to things unnatural and void of nourishment, such as chalk, cinders, sour fruits, and the like.

From whatever cause green-sickness proceeds, it is seldom attended with immediate danger; but if improperly treated in the beginning, or too long neglected, may lay a foundation for other diseases, and dispose the patient to *barrenness*, *dropsy*, *consumption*, or *cancer* of the breast and womb, which too often put an untimely period to her life.

As young females among the lower class of people, who use sufficient exercise, and
enjoy

enjoy the fresh, open air, are seldom visited with green-sickness ; it may reasonably be presumed, that this disease frequently arises among those in higher stations of life, from the want of those common benefits, and that little more than their salutary aid is necessary for its cure.

Parents and guardians, as well as those intrusted with the important office of superintending the health and education of young Ladies, should therefore direct their conduct with more than common care and attention, at this *critical juncture*, the benefit of which may extend to the latest period of their lives ; for, on the seasonable commencement and regular returns of the natural discharge depends their future health, as well as the enjoyment of every blessing derived from it. The regulation of their passions, the degree of their exercise, the quantity and quality of their food, with the nature of the air they breathe, should therefore be

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regarded with prudent caution, as well as every other circumstance corresponding with the intention of nature, in acting conformable to her own laws.

Nothing will contribute so much to that end, as chearful company, moderate exercise, fresh air, simple food, and an undisturbed mind,

If therefore the menses do not commence in due season, and the patient is observed to become weak, pale and sickly, she should be indulgently treated, and not by confinement and restraint, inconsiderately deprived of those innocent and reasonable amusements, so manifestly tending to the recovery of her health. On the contrary, she should be allowed to walk or ride two hours or more every day before dinner, when the weather is fine.

The power of *Music*, assisted by the influence of *Poetry* and *Flower-painting*, apart from the hours of exercise, will administer
to

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to the mind a perpetual source of pleasing variety, fuitable to the delicacy of female education. Those, by enlivening the passions and inducing serenity of temper, will contribute greatly to promote the several secretions, and restore the languid bodily powers to their natural standard of strength and vigor.

Although moderate exercise, may at first, fatigue the weak patient, and put her out of breath, yet when gradually increased, and steadily continued, she will daily gain strength and spirits, so that what before was irksome and disagreeable, will, at last, become a pleasing amusement.

The quantity and quality of her food should also be suited to the weak digestive power of her stomach; for the nourishment derived from it will not be proportioned to its quantity, but the degree of perfection with which it is digested; and therefore, to eat often in small quantities, of what is
light

light and simple, and thoroughly to masticate or chew it, is a circumstance of much more consequence to those who have weak stomachs than is generally imagined; for such cannot dispense with much solid food at once, without being greatly oppressed with wind, indigestion and heart-burn.

Although green-sickness requires a more gentle and cautious treatment, than temporary obstructions of the menses from accidental causes, and is also more tedious of cure; in general, it will yield to those gentle methods, if continued a sufficient length of time. Should it be necessary to assist them by medicines; I have found nothing equal to the effects of *Peruvian bark*, which may be given twice a-day, as directed at No. 2. *Bath* and *Tunbridge*, or *Pymont* and *Spa* Waters may also be administered. The patient should use exercise at the same time, and her feet may be bathed

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bathed in warm water every night before bed-time.

She should abstain from the immoderate use of *Tea*, and drink *Coffee* with the addition of milk; an infusion of *Sassafras*, or weak broths. She may sit up to the waist in a warm bath of water, twice a week, particularly when nature attempts to bring on the discharge. At coming out of the bath, her skin should be rubbed with hot flannels or the flesh brush. She should then be put to bed, and if she is restless or in pain, the opiate pill, No. 3, may be administered.

Where the disease is obstinate, the strength much impaired, and universal relaxation of body prevails; bleeding and evacuations are improper. Two of the strengthening pills, No. 4, may then be given twice a-day with an infusion of orange peel, or garden tansy; and when there is no decay of the lungs or internal, vital parts, cold bathing will greatly

greatly expedite the cure, by bracing the solids, and repelling blood from the surface to the uterine vessels. But the last being a very powerful remedy, it ought never to be directed without proper advice ; many instances having occur'd, where such as laboured under consumptive symptoms, and weak, ulcerated lungs, were suddenly destroyed by its unseasonable use.

The common practice of giving *forcing medicines* to young subjects, in the early state of this disorder, is dangerous and unnatural ; and although it has ruin'd the health of thousands, is still continued without limitation or distinction. By the improper use of *steel*, *mercury* or *bellebore*, the blood becomes overheated, and being violently driven upon the stomach or lungs, may burst their vessels, and occasion an habitual spitting of blood, ending in *Consumption*.

This

This is not a conjecture or needless apprehension, but founded on the testimony of facts and repeated observation ; which the following quotation from Dr. *Mead* will sufficiently prove. Speaking of the singular virtues of *black bellebore* in promoting obstructed menses, he thus expresses himself.

“ I have observed this remarkable circumstance ; that whenever, either from a bad
 “ conformation of the parts, or any other
 “ cause, this medicine had not the desired
 “ effect ; the blood was forced out through
 “ some other passages ; which is a manifest
 “ proof of the great power of this medicine in spurring the blood forward.”

From such effects it is also evident, that this medicine does not act specifically on the womb alone, but lays equal stress on the whole vascular system. By such destructive violence done to the constitution, the gentle progress of nature is interrupted, and the menses, instead of passing off by
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the womb, will deviate and flow by *unnatural passages*, producing fever, wasting of the body, or, inward decay.

Lastly, *forcing medicines* ought never to be given when it is doubtful whether the patient is with child or not ; to nurses who give suck, or those at the age of forty-five or fifty, although they sometimes inconsiderately desire it, not being able, without reluctance, to perceive this infallible sign of approaching age.

In young subjects, the monthly discharge, at first, is generally irregular ; not only returning at undue periods, but being pale and small in quantity, it has been mistaken for a female weakness. This is owing to the firm and compact state of the womb, but as its vessels yield and enlarge, the quantity will increase by degrees, and be render'd more florid at each returning period.

It

It may here be remarked, that nature accomplishes her designs by slow degrees, and consequently, without injury to the constitution ; for the uterine vessels are not suddenly torn open by the rapidity of the circulating blood, as when *forcing medicines* have been imprudently given, but on the contrary, gradually yield to its gentle pressure without pain or symptoms of violence.

As the danger of stopping a discharge strictly natural must be obvious ; it is also necessary to distinguish the *first menses* from *female weakness*, which may be done by attending to the following signs ; the first, though almost colourless, and small in quantity, generally return once a month, attended with the usual symptoms of menses ; whereas, a female weakness continues without intermission, accompanied with pains in the loins, faintings, and other signs of bodily weakness.

Athough

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Although women who have had children, become more regular than before; the menses, even then, may sometimes happen to be obstructed from accidental causes, as irregularity of the passions, taking cold, or errors in diet.

A consumptive habit attended with *night sweats*, an habitual diarrhœa or purging, the bleeding piles, or female weakness, may likewise occasion a deficiency of the monthly discharge, by exhausting the body and lessening the quantity and circulating force of the blood.

The symptoms following obstructed menses, are, heat and throbbing in the loins, pain and giddiness of the head, palpitation at the heart, and difficulty of breathing. A loathing of food with sickness at stomach and indigestion, the night-mare and pinchings in the bowels, also frequently attend. The patient is subject to low spirits, faintings or hysteric fits, and where a
total

total and long continued suppression prevails, the legs generally swell, the countenance becomes bloated, and at length, those complicated symptoms terminate in a *Dropsy*, *Consumption*, or some other lingering disease.

Here it will be necessary to distinguish the symptoms of obstructed menses from those consequent of conception, which, without due caution, may be mistaken for each other.

If a healthy married woman, who before had usually been regular, perceives a want of the monthly evacuation without any manifest cause, as sudden surprise, taking cold, or errors in diet; she may then be concluded with child, especially if affected with sickness and retchings in the morning when she first rises from bed.

But the most certain general rule of forming a true judgment in such doubtful cases will be, to observe, whether the pa-

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tient grows better or worse by length of time; for, complaints which happen from conception generally go off after the fourth month, whereas, those arising of obstruction gradually become worse, from the retained superfluous blood which over-loads its vessels and weakens the constitution.

It is extraordinary, that before the age of maturity, the womb seems totally unaffected by injuries done to the body or mind; but afterwards, especially at the approach of the menses, it discovers the most exquisite and uncommon degree of sensibility, as well as the whole nervous system; in as much, that sudden surprise, improper diet, or even a drop of cold water unexpectedly falling on the body, will sometimes greatly disturb the system, and hinder their return.

The intention of cure will vary according to the different causes which produce the obstruction; so that, what would be service-

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serviceable to one, might prove hurtful to another. If it arises from too much strength of the uterine vessels, which may be known from the fullness and hardness of the pulse; bleeding in the foot or arm will be necessary, with such medicines as relax the solids, and render the blood more fluid. Spare diet, and the plentiful use of new milk whey, with nitre or crystals of tartar, laxative clysters made with a decoction of mallow-leaves and soap, the warm bath or steams of hot water, over which the patient may be placed, all conduce to that end.

If the menses are obstructed from a fright, anxiety of mind, or taking cold; *bleeding* and the *warm bath* will be proper, and afterwards the opiate mixture may be given as directed at No. 5. Those will be most likely to answer the intention of cure, by soothing the nerves, and relaxing the contracted uterine vessels.

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Where the disorder is of long continuance, and the habit of body strong, it will be necessary to bleed in the foot, to use the warm bath the next evening, and to give a gentle antimonial vomit, No. 6, immediately after. Warm purging medicines with *aloës* may then be administer'd, and lastly, the spices with bitters and steel. She may take two of the pills, No. 7, night and morning, with a glass of Pyrmont, Spa, or Tunbridge water, after each dose, and at the same time use moderate exercise, which will powerfully assist the efficacy of those medicines.

Before we dismiss this subject, it is necessary to caution the patient against a dangerous and prevailing error in attempting the cure of obstructed menses. It has been the usual opinion of women, that *an obstruction of menses is the sole cause of ill health*. In consequence of this general mistake, Nature has been attacked with those instruments of violence, *forcing medicines*, which
indiscri-

indiscriminately and preposterously applied, have destroyed more constitutions than the disease itself.

Observation and repeated experience clearly present us with the following facts. Ill health, to which women are subject from causes in common with men, will frequently bring on an obstruction of the menses ; such as an hereditary bad stamina, or consumptive habit, but if health can be restored, this evacuation, like others natural to the body, will again return without much assistance from medicines. Hence it is evident, that the *effect has been mistaken for the cause, and the cause for the effect*, to the great injury of the female constitution.

Thus a diseased state of body will often render its natural discharges deficient, or excessive ; just so it is with the menses when the patient is sickly, and where nothing can restore them to their wonted regularity, till

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the constitution returns to its true standard of health and vigor.

But when the obstruction proceeds from taking cold, surprise, or any other apparent cause; then indeed, if health, which before was perfect, immediately begins to suffer, such a change should be imputed to the obstruction, and proper means used to remove it.

A young Lady, from the country, aged eighteen, recommended to my care by her relation in town, had laboured under obstructed menses upwards of a year, owing to excessive grief, from the death of her Mother. By the advice of different Physicians she had been bled several times, her feet had been put into warm water, and she had taken many medicines, for several months, without effect.

Her health was greatly on the decline, and her body much wasted from *night-sweats* and *diarrhœa*, which threatened a consumption.

tion. Her aspect was pale, and her pulse quick and languid; her legs swelled towards night, she had frequent palpitations of the heart, and was subject to faintings. I directed her a fuller diet, and advised her not to bleed; for a time, she took a strong infusion of *Peruvian Bark* with nitre, and as she had at first been regular, concluding that there was no fault or preternatural rigidity in the uterine vessels, I ventured on medicines of the powerful kind, joined with opiates: Those were directed to be taken for the space of a week, as soon as the least symptom denoted any endeavour of nature to bring on the discharge. In this case, it so happened that the menses returned at the first period, after which she became regular, without any farther assistance from medicines, and with gentle exercise and fresh air, was restored to perfect health.

Where the menses are deficient from long continued illness, or a consumptive tenden-

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cy, accompanied with habitual Diarrhœa and Night-sweats, *forcing medicines* can never be given without injury ; for, under those circumstances, where the body is exhausted, and the blood rather deficient than abounding, 'tis not extraordinary the discharge should be wanting.

Here, those things will be most proper which enrich the blood, increase its quantity, and restore, if possible, the decayed constitution to its natural state. Moderate exercise, in clear dry air, simple food, with ass's milk, goat's whey, or a decoction of sarsaparilla and the Peruvian bark, may contribute to that end. Bristol water for common drink, may also be taken to advantage, as approaching near to a pure elemental fluid, although, in other respects void of medicinal quality.

It is also necessary to caution the patient against the danger of *astringent medicines* to stop the menstrual discharge, when it unexpectedly

PERIODICAL DISCHARGE: 81

expectedly continues for the two or three first months of pregnancy. This happens in consequence of abounding blood, which the child, from its exceeding smallness, is not then able to consume, and therefore the evacuation is a relief to the constitution. In such particular cases, if affected with pain, or fever, she should lose two or three ounces of blood from the arm, once in three weeks, and use a cooling, abstemious diet. She should breathe cool air, eat ripe fruits, which will keep her laxative, and avoid violent exercise and anxiety of mind.

Every deviation from a natural state of body is alike injurious to health ; and as we have seen the bad consequences of obstructed menses, so an *immoderate quantity of that discharge* is productive of many diseases, more sudden in their effect, and dangerous in their event than the former ; and to which it will therefore be requisite to pay attention.

The

82 PERIODICAL DISCHARGE.

The menses are always to be considered too large in quantity, when instead of rendering the patient brisk and lively, they leave her languid and with sensible loss of strength.

Excess of this discharge may proceed from weakness of the uterine vessels, a sharp, thin blood, or any cause which preternaturally increases its motion, and forces it with violence to the womb. Anger, immoderate exercise in hot weather, the use of mercury, or spirituous liquors will produce this effect. A scorbutic habit of body, or slow hectic fever, will likewise dispose the patient to this disorder; and sometimes I have known large quantities of blood escape from spongy tumors or an ulcer of the womb.

The natural quantity of menses is so various in different women, that it can never be more truly known than by observing the symptoms with which it is attended. For
altho'

PERIODICAL DISCHARGE. 83

altho' it should appear profuse, if not followed by faintness or loss of strength, it ought to be deemed natural ; and no medicines or method should be used either to stop or restrain it.

Women of delicate constitutions, weak nerves, and great sensibility, are, of all others, most subject to a profuse discharge, particularly those who have had many children, and live a sedentary life. In such it is apt to return at undue periods, and continue too long, so as greatly to exhaust the patient, and render the disorder difficult of cure ; especially, if she happens to labour under a scorbutic habit of body, and *Scrophulous* or *Venereal taint*.

Heat and moisture, warm baths, dancing, or violent agitation of body and mind, dispose to an immoderate discharge ; also the *use of mercury, steel, or tincture of belladonna*. Lying in bed to excess, especially on those too soft, is also pernicious.

The

84 PERIODICAL DISCHARGE.

The patient should sleep on hair mattresses, in a cool, airy bed chamber, and avoid conjugal intercourse.

Immoderate menses occasion faintness, loss of appetite and indigestion, nervous tremblings, dejection of spirits, and, if not remedied in time, *dropsy* or *consumption*. I have known several cases of this kind which proved fatal by being neglected. Those in particular which arise from diseases of the womb in the decline of life, are most dangerous and difficult of cure.

In such disorders, things which give strength to the solids and balsam to the blood, with rest of body and mind, bid fairest to effect a cure. This purpose may be gained by breathing pure, cold air, by light and simple food of the nourishing kind, taken often and in small quantities, and by administering, twice a day, an infusion of the Peruvian bark, prepared as at No. 8.

The

PERIODICAL DISCHARGE 85

The patient may live, chiefly on white meats roasted, or nourishing broths, with forrel, or other acescent vegetables. Fresh eggs, shell fish, jellies, afs's milk, or chocolate, are also proper; and should a cordial, at any time be necessary, claret or rhenish wine, with cinnamon, may be given, but the hotter spices, and things which are salt, high seasoned, or spirituous, ought to be avoided as pernicious.

Where the discharge is excessive, thick compresses of soft linen, dipped in vinegar and water, may be applied to the belly and loins, and renewed as soon as they grow warm. The injection, No. 9, may also be used twice a day. But should this complaint turn out obstinate, attended with symptoms of danger, it will then be necessary to consult a physician, conversant with such disorders; as *barrenness*, *dropsy*, or *consumption*, have often been the consequence of delay or improper treatment.

By

86 PERIODICAL DISCHARGE.

By due attention to these *Rules* and *Cautions*, many women might be restored to perfect health, who either from *indolence*, *false delicacy*, or *mistaken conformity* to vulgar opinions, in opposition to nature, have fallen victims in the bloom of youth, and were brought to an untimely grave!

SECTION

SECTION III.

Cessation of the Periodical Discharge in the decline of life, and the disorders arising from that critical change of constitution.

AS long as the prime of life continues, with that extraordinary faculty of preparing redundant blood for the service of the child, so long its circulating force will be more than equal to the resistance of the uterine vessels, and the periodical discharge will continue; but when they become more firm and strong, from the effect of age, it will then totally cease.

At this time, the female constitution is in a state, the very reverse of what happened at maturity, when the discharge first appeared. The circulating force of the blood and resisting power of its vessels, may be considered as an unequal balance to each other, at
different

88 PERIODICAL DISCHARGE.

different periods of life, producing those two natural changes, which bring on the menses at maturity, and carry them off in advanced age, as the one or other alternately prevail.

The mass of blood being the source from which the periodical discharge is derived, from that failure of appetite and digestion attending advanced age, it will then gradually become less copious; and consequently its monthly returns will be more irregular.

Thus the tide of nature being turned, and as it were on the ebb, this long accustomed evacuation will at last entirely cease, and with it the faculty of having children. Hence, from a dissipation of blood and juices, together with the consequent emptiness, and rigidity of the vessels, they will gradually shrink up and contract; so that instead of that wonted freshness and smoothness of the skin when replete with moisture,
age,

age, and wrinkles, those unwelcome intruders, will come at last.

At this *critical time of life*, the female sex are often visited with various diseases of the *chronic kind*: I have observed, *more women die about this age*, than at any other period, during the years of maturity; for, as many constitutional infirmities, or hereditary disorders were relieved by the first approach of the menses; so they often return at the cessation of that discharge. If, for instance, the patient had naturally weak lungs, pains at her stomach, head-ach, or complaints of the breast and bowels, *inclining her to consumption*; she will probably, now again be attacked with those disorders more violently than ever.

Several, indeed, who have lived temperately, and are naturally healthy, escape without much inconvenience; and I have known some delicate women inclined to *hysterics*, and nervous disorders, who

were relieved by this change, and became more strong and healthy than before; whilst others on the contrary, of a sanguine constitution, who used little exercise, and indulged their appetites to excess, often suffered severely at this juncture, particularly when bleeding and evacuations had been neglected.

Some are subject to pain and giddiness of the head, hysteric disorders, colic pains, and female weakness. The bleeding piles, strangury, or intolerable itching at the neck of the bladder and contiguous parts, are often very troublesome to others. The rheumatism and scurvy, pains in the limbs, ulcers in the legs, and eruptions on the skin, at this time frequently appear; also obstruction of the glands, with the most grievous and distressing of all human maladies, *cancerous tumors* of the breast or womb.

Women are likewise sometimes affected with low spirits and melancholy, which,
together

together with the principal disorders already mentioned, will hereafter be particularly considered under their *proper titles*. It will now be sufficient to point out the methods most successful, at this critical juncture, on a due attention to which, their future health greatly depends.

Perhaps it may appear extraordinary that so many disorders should happen from a change that is usual with every female; but it would be unreasonable to expect that nature should always be obedient to her own laws, when they are so often interrupted and transgressed from the many excesses introduced by luxury, the irregularity of the passions, and other accidental inconveniences.

To such causes, many diseases peculiar to the human species, are certainly owing, from which quadrupeds and other animals are free, by living conformable to their own natural feelings, uninfluenced by er-

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ring reason, or the prevalence of pernicious customs.

The several disorders consequent of obstructed menses have been enumerated; and from the most attentive observation it appears, that many complaints imputed to the cessation of that discharge, are, in reality owing to its obstruction at too early a period. For instance; it sometimes happens, that in particular constitutions, the uterine vessels become contracted, and their orifices closely shut up, whilst the faculty of preparing redundant blood still continues; so that the same symptoms will ensue, as those which happen, from an obstruction, at any other time. The relief procured by bleeding and evacuations, in such cases, confirm the truth of this observation. Hence it will be necessary to distinguish the difference between a *natural cessation* of the menses, and a real, *untimely stoppage* of that discharge, for which it has often been mistaken.

Considering

Considering how liable women are to obstruction, at all seasons, from a variety of causes, it can be no wonder the same inconvenience should more frequently happen late in life, when a natural tendency, from advancing age, concurs to render such causes more powerful in their effects.

Should this particular species of obstruction prevail, it does not appear adviseable to use violent means, at so late a period, to bring back the discharge; but only to carry off the accumulated, superfluous blood, by bleeding and gentle purgatives, to direct an abstemious diet, with exercise, and leave the rest to nature.

In women of bad constitutions, who become irregular in the decline of life, and menstruate longer than ordinary; large clots of blood are sometimes forced away with great pain and bearing down. Such cases almost certainly indicate a diseased womb, and if neglected or improperly

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treated, often end in *cancer* or *ulceration* of that part ; especially, where the putrid discharge has suddenly been stopped by astringents, or where bleeding and evacuations, had previously been neglected. When there is much pain and fever, the patient should first be bled ; she may then take the gentle purging draught No. 10, once a week, and by intervals, half a pint of the decoction, No. 11, night and morning. She should live on spare and simple diet, and drink *Seltzer*, *Aston*, or *imperial water*, instead of malt liquors.

It will be more safe and proper by such methods rather to prevent the increase of blood, than to lock it up by astringents when collected ; for altho' it has been remarked, that menstruous blood is not impure, yet, by stagnating too long in its vessels, it may acquire pernicious qualities, and being taken back into the circulation, prove hurtful to the constitution.

The

The *urine* and *gall* which were both separated and strained off from the blood, are in their natural state perfectly innocent, yet by being lodg'd too long in their receptacles, or again infused into the general mass, will occasion diseases and death; even simple water by confinement or *stagnation* will become unwholesome and corrupt. Just so the animal fluids retain their natural qualities, whilst in a due state of circulation, but become vitiated by remaining too long at rest.

To assist the constitution in dispensing with that *critical change* which happens at the menstrual cessation, and to compensate for the want of that long accustomed discharge; bleeding once a month, more or less copiously, as occasion may require, with the use of the purging draught, No. 12, during the intervals, will be necessary, and may be continued a considerable time with great safety and advantage, especially in

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strong habits of body, where the blood too much abounds.

The patient should now lessen her usual quantity of animal food, and live on spare and simple diet, consisting chiefly of vegetables, fish, and spoon meats. She should abstain from malt liquors, and drink light thin white wines diluted with water, or toast and water only. Her exercise should be increased, which will assist perspiration; and if she is costive or feverish, the cooling ptisan, No. 13, taken occasionally, will remedy those inconveniencies.

A contrary method should be used where the patient is delicate and subject to female weakness, night-sweats, or habitual looseness, with flushings in the face and hectic fever: For such, ass's milk, jellies, and raw eggs, with cooling fruits will be proper. At meals she may be indulged with half a pint of old, clear London porter, or a glass of rhenish wine. Twice a day
she

she may take a tea-cup full of the restorative infusion, No. 14, and when her strength is increased, if the lungs and vital parts are sound, she may use sea-bathing or the cold bath, with advantage.

Should the *bleeding piles* appear at this juncture, ulcerous sores break out in the legs, or eruptions on the skin, the first ought not to be restrained, or the last repelled and dried up, till the habit of body is changed by proper medicines; for those discharges under such circumstances are generally critical; and I have observed, where they were suddenly suppressed, an *acute rheumatism, hysteries, asthma, or colic-pains*, were often the consequence.

C H A P. II.

*Diseases of the Womb and its contiguous Parts;
their Treatment and Method of Cure.*

S E C T I O N IV.

*Of the Fluor Albus or Female Weakness, and
how distinguished from a Venereal Infection.*

THE Fluor Albus, female weakness or whites, as commonly called, is a disease of the womb and its contiguous parts, from which a pale colour'd fluid is discharged, attended with pain in the loins, bad digestion, a wan, sickly aspect and loss of strength.

The quantity and color of this discharge chiefly depend upon the time of its duration, the patient's habit of body, and

and the nature of the cause by which it was produced. Taking cold, strong liquors, immoderate heat and moisture, or violent exercise, have all been observed to produce a bad effect, as to its quantity and quality.

Weakly women of lax solids, who have had many children, and long laboured under ill health, are, of all others, the most subject to this disagreeable disease, from which they unfortunately suffer more severe penance than others; as the nicest sensations are often connected with such delicacy of bodily frame as subjects them to it.

In *Holland*, it is frequent, and in a manner peculiar to the place from the dampness of its situation; the surrounding air being so overcharged with moisture, as to relax the body, stop perspiration, and throw it upon the bowels, or womb, producing in the first *diarrhœa* or flux, in the last, *fluor albus* or female weakness.

The

The discharge proceeds from the vessels subservient to menstruation ; because in delicate habits, where those vessels are weak, and consequently remain too long uncontracted ; the *fluor albus* sometimes immediately follows the menses, and goes off by degrees as they gradually close. It also comes from the *mucous glands* of the womb, as is particularly evident in very young females of eight or ten years old, in whom, though very rarely, I have observed it, and where it must then necessarily have escaped from those parts ; the uterine vessels not being sufficiently enlarged for its passage at so early a period.

Sometimes, as in women with child, it proceeds from the vagina, and not from the womb itself. The application of those instruments called *Pessaries*, from the pain and irritation they occasion, are also apt to bring on this discharge. Hence it is plain, this disease may sometimes happen, altho'
the

the blood is in a pure state, and where the fault is in the vessels or strainers, by which the fluids are vitiated and changed from their natural qualities.

The *fluor albus* has been supposed, in some, to supply the want of menses; because where the first prevails, the last is generally either irregular or totally wanting; but it might more properly be said, that the presence of the fluor albus, which is a preternatural evacuation, occasions the absence of that which is natural; as is evident from the return of the menses after the fluor albus has been taken away. Indeed; when this discharge appears about the age of fourteen or fifteen, and returns once a month, with symptoms like those of the menses, then it may be deemed strictly natural, as observed at p. 70, and therefore, ought not to be stopped.

Fluor albus may be distinguished into two kinds. The first, arises from simple weakness

weakness or relaxation of the solids, which may either be *general*, where the whole bodily system is enervated and unstrung; or *partial*, where the womb only is thus affected, in consequence of hard labours, frequent miscarriages, suppression, or immoderate quantity of menses, or sprains of the back.

In the first case, the discharge being generally mild, may be safely taken away. In the second, it proceeds from a vitiated or impure blood, where the body is loaded with gross humors, which nature for her own security and relief thus endeavours to carry off. In such cases the discharge is similar to that of old ulcerous sores, being sometimes high color'd, and so sharp as to excoriate the contiguous parts, and occasion smarting with heat of urine.

A deep-seated, darting pain, and forcing down, attending such a discharge, is a very dangerous and alarming sign, indicating an

ulceration

ulceration or *cancerous* state of the womb. This disease, if of long continuance, is extremely difficult of cure, and disposes the patient to *barrenness*, *bearing down*, a *dropsy*, or *consumption*.

The causes of these two kinds of disease being different, so they will require very different methods of cure. To answer this intention, in the first case, nothing will be more proper than nourishing simple food, such as veal broths, jellies, fresh eggs, and milk diet. The acid fruits will also be proper, and the patient may take a tea-cup full of the restorative, strengthening infusion, No. 15, twice a day, which will give firmness to the body, and assist the weakened fibres of the womb in returning to their natural state.

The same method may be used with success, where the *fluor albus* follows the menses, as already observed.

Tunbridge

Tunbridge or Spa waters may be drank at the same time, and if necessary, an infusion of green tea, or pure smith's forge water may be used with a womb syringe as an injection twice a-day. Should the disease prove uncommonly obstinate; the patient may go into the cold bath every other day, and drink lime water with milk, which will expedite the cure, and prevent a relapse. The volatile liniment, No. 16, and afterwards the strengthening plaster, No. 17, may be applied to the small of the back.

By way of caution; she should abstain from the immoderate use of that relaxing fluid Tea, and be removed into a dry, clear air; or if she is obliged to remain in one less proper, she may apply the flesh brush, and wear a flannel shift next her skin, impregnated with the fumes of burning Frankincense, or any of the grateful, aromatic gums.

In

In the second sort of disease, where the discharge is sharp, and of long standing, it would be extremely dangerous to suppress it suddenly, either by astringents internally taken or applied as injections, until the blood is freed from its impurities by proper purgatives, and otherwise corrected by such medicines as not only carry off the sharp, scorbutic salts and putrid juices, but also impart to it that soft and balmy quality of which it had been deprived.

The purging potion, No. 18, may be taken twice a-week, and in the intervals, one of the alterative *pills*, No. 19, night and morning. After this course has been continued a few weeks, she may begin with the strengthening, bitter infusion, No. 20. in the quantity of a tea cupful twice a-day, or more as her stomach will allow.

The same sort of food and regimen will here be proper as in the first kind of the disease. The patient should abstain from malt liquors, and drink rice water, in each pint

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of which half an ounce of gum arabic has been dissolved; or if she is weak, and of a cold bloated habit, saffraas tea, or an infusion of juniper berries with a little French brandy may be added occasionally.

When she begins to take the bitter infusion, it will be proper to use the *Tunbridge* or *Pymont* water for common drink, but if those cannot conveniently be had, the *artificial Spa water* impregnated with iron and fixed air, as directed by Dr. *Priestly*, will make an excellent substitute, and may be had of the Apothecaries. If it should render her costive, and occasion head-ache, she may desist and drink imperial water sweetened with manna, till those complaints are removed.

In short, as this is a disorder of the most disagreeable kind, which, by long continuance or neglect, becomes difficult of cure, and often produces *ulceration of the womb, bearing down, barrenness, dropsy, or consumption*; it were to be wished, that women,

on such occasions, would be more attentive to their own safety, by taking proper advice, in due time, and using all possible means to prevent those dangerous maladies.

I have attended more patients labouring under the *fluor albus* in *autumn* than at any other season of the year, especially, when the weather was uncommonly moist and cold: Most of them were cured by change of diet, an increased perspiration, and the proper use of Peruvian bark with aromatics. I observed that several about this time who escaped the disorder, were visited with bad colds, defluxion of rheum on the throat, or a diarrhœa, which were removed by similar treatment.

As women are sometimes connected with those who do not conscientiously regard their safety, it is a circumstance of the utmost consequence to distinguish a fresh venereal infection from the *fluor albus*; for if the *first* is mistaken for the *last*, and is either neglected

ted or improperly treated, the disorder may end in a confirmed *lues* or pox.

The following signs will best inform the patient whether there is occasion for her doubts or not.

A fresh infection, called *gonorrhœa*, is malignant and inflammatory; the *fluor albus* most commonly arises from relaxation and bodily weakness; and therefore, the remedies proper in the last disorder would render the first more violent, by locking up the *infectious matter*.

In the *gonorrhœa*, the discharge proceeds from the parts contiguous to the urinary passage, and continues whilst the menses flow; but in the *fluor albus*, it is supplied from the cavity of the womb and its passage, and then the menses are seldom regular.

In the *gonorrhœa*; an itching, inflammation, and heat of urine, are the forerunners of the discharge, the orifice of the urinary passage is prominent and painful,
and

and the patient affected with frequent irritation to make water. In the fluor albus; pains in the loins, and loss of strength, attend the discharge, and if any inflammation or heat of urine follow, they happen in a less degree, and only after a long continuance of the acrimonious discharge, which excoriates the surrounding parts.

In the gonorrhœa, the discharge suddenly appears without any evident cause; but in the fluor albus, it comes on more slowly, and is often produced by irregularities of the menses, frequent abortion, sprains, or long continued illness.

In the gonorrhœa, the discharge is greenish or yellow, less in quantity, and *not attended with the same symptoms of weakness*. In the fluor albus, it is also often of the same colour, especially in bad habits of body, and after long continuance; but is usually more offensive, and redundant in quantity.

I have here purposely omitted the mention of particular medicines applicable to the cure of the gonorrhœa, as it would be extremely unsafe and precarious for the patient to trust her own judgment in a case of so much importance to her constitution.

SECTION.

S E C T I O N V.

Of Schirrus, Cancer, and Ulceration of the Womb.

A Schirrus is a hard tumor or swelling, generally seated in the glandular parts of the body, as the breasts, neck or womb.

It may be occasioned by external violence done to the affected part, the unseasonable suppression of some long accustomed discharge, unwholesome diet, the unfavorable crisis of fevers, or any other cause which destroys the natural office of the gland; so that the *Lymph* or fluid which ought to pass freely through it, is obstructed, and there remaining closely locked up, becomes a thick, glutinous, and malignant humor.

A schirrus may also arise from *scrophulous* and *venereal taints*, or preceding inflammation.

tion. Spirituous applications used for repelling milk from the breasts, injuries of the womb received by hard labours, or the violent extraction of the after-burthen, may likewise be productive of that complaint.

A scirrhus tumor is generally small in its beginning and remains indolent for a time, without pain or apparent danger, but being irritated or disturbed by any of the causes from which it was originally produced, it is then liable to become painful and inflamed. It gradually grows larger and more irregular in figure, and at last is affected with burning heat and pungent pains; the veins proceeding from it being swelled, and of a blackish levid hue, somewhat resembling the claws of a crab-fish, it is from thence called *Cancer*.

Every scirrhus, when painful or inflamed, is apt to become malignant and degenerate into cancer, and this fatal change is most to be dreaded at the age of forty-five, or about the cessation of the menses, particularly

larly in women of bad constitutions, who have been irregular or obstructed; so that of twenty women affected with *Cancers*, fifteen of that number, have been generally found of an age between *forty-five* and *fifty*.

The intemperate use of spirituous liquors, the violent impression of anger, or the more slow effects of melancholy, and continual anxiety of mind, all powerfully dispose the patient to *scirrhus* or *cancerous* complaints; and therefore, old maids, nuns, or those who are inactive, and lead a solitary unsociable, and discontented life, have been observed particularly subject to such diseases.

When a scirrhus tumor is irritated and begins to itch or grow red, with pain and inflammation, the obstructed glandular Lymph being then heated and disturbed, is changed into a dangerous *animal poison* which having broke its inclosure and made way through the skin, corrodes the contiguous parts like *aqua fortis* and forms an ulcerated,
running

running fore or *open cancer*. So that the same cause which changes a schirrus into a cancer, may convert a concealed cancer into one which is open or ulcerated.

When the mass of blood, the very fountain from which both life and health proceed, is unfortunately tainted with this *poisonous fluid*, the whole body is rendered diseased, and the cancerous matter frequently fixes upon some other glandular part; so that what was at first only local, now becomes a universal malady, and like a pestilential blight, overspreads and lays waste the constitution.

Hence a *slow fever* attended with *night-sweats*, an *habitual diarrhœa*, *pain*, and *want of rest* alternately consume the patient's strength. Clots of corrupted blood are discharged with excessive pain and forcing down, and sometimes fluid blood in large quantities escapes from the vessels corroded and eaten away by the extreme sharpness of the cancerous humor.

Thus

Thus reduced to the extremest weakness, and destitute of hope, she lives in a long continued state of exquisite misery, a prey to this cruel disease; 'till Death's benumbing opium composes her to final rest, and at once puts a period to her life and sufferings.

As no certain and infallible cure is yet known for a *confirmed ulcerated cancer*, which inevitably destroys the constitution by vitiating the blood; the early extirpation of all such schirrous tumors as are moveable under the skin, and unconnected to any considerable nerve or blood-vessel, is a practice which can never be too much recommended, even where they may appear void of pain or danger; more particularly if they arise from external causes, and the constitution is otherwise good and sound.

It is only by such means the patient can be effectually secured from the danger of an incurable cancer, which would be removed to no purpose, when once the blood was tainted with its poison, which like *old*
leaven

leven, will produce a diseased ferment, even after extirpation, should the least part of the cancer remain behind.

There are two circumstances of a very distressing nature, which attend scirrhus, or cancerous tumors of the womb in particular; for instance, their existence can seldom be discovered, with certainty, till too far advanced to admit of cure by *medicines* or *regimen*; and their extirpation is generally impossible, when thus included in the cavity of the womb.

Besides, such tumors, from the internal heat, and confinement of the cancerous discharge, are much more violent in their symptoms, and rapid in their progress, than those of the breasts or other parts; even so as not only to erode, and destroy the womb itself, but extend to the contiguous parts. This fatal circumstance befel a celebrated Irish actress on the English stage, whose sufferings

ferings were too great for description, and who from thence died a lingering and miserable death.

The signs of a cancerous womb are very uncertain and obscure, being often confounded with those of conception, dropfy, or other affections of that organ; therefore, information should be taken from the *touch* as well as the *symptoms*.

In speaking of the menses, the extraordinary sympathy between the breasts and womb has been mentioned; and it is here necessary to remark, that in all cases, where a scirrhus or cancerous disposition is suspected, it will be necessary to examine whether the breasts are in a sound state; for, pain or enlargement of these parts afford a presumption that the womb may also be affected; particularly in bad habits of body, after the age of forty-five, where a sense of weight and darting pain is perceived in the womb. This grievous malady is also to be feared where women continue to menstruate
irregularly,

irregularly, and with pain, to a greater age than ordinary; for, such an unseasonable discharge is not properly menses, but generally arises from ulceration of the womb, or bleeding, spungy tumors tending to become cancerous.

When the patient will not submit to extirpation of the diseased part, it then becomes necessary to attempt the cure by dispersion, that is, by dissolving the obstructed matter in the gland, before it becomes cancerous. Various medicines have been proposed for this purpose; the most powerful of which are *mercury*, *antimony*, and *hemlock*; but it must be confessed they are often ineffectual, and, what is still worse, instead of dispersing the tumor, they sometimes exasperate and change it into a *confirmed* cancer, by exciting fever, and inflammation; especially *mercury*, which should therefore never be employed without proper advice. In cancers from a venereal cause, I have known mercury produce

produce good effects, but, in general, ripe fruits, the juices of the lactescent plants, as dandelion, fuccory, &c. or soap dissolved in thin chocolate, are, by far, the safest deobstruents, especially, where the part is affected with pain and inflammation.

As the means proposed for a cure, do sometimes defeat their own purpose, by making bad, much worse ; it appears eligible to use such methods and medicines only as are extremely mild and gentle.

Little benefit can be expected from medicine, without proper regulation in the patient's diet. She ought to eat sparingly of animal food, and live chiefly on milk and vegetables ; fresh eggs, shell fish, and a small quantity of any of the white meats, such as chicken, veal, or rabbit, without salt or seasoning, may be allowed every other day. Her common drink should be toast and water, with a small quantity of French brandy, if the first is too cold for her stomach ; but if she is naturally costive
and

and feverish, nothing will be so proper as imperial water sweetened with manna. She ought then totally to abstain from solid, animal food, and take broths medicated with sorrel, lettuce, and such like herbs, with the addition of nitre instead of common salt, which will be equally palatable, and is of all others the most agreeable form of taking that cooling medicine.

Half a pint of fresh, new milk whey, in which one dram of the crystals of tartar has been dissolved, may be given night and morning. The aperient apozem, No. 21, may also be taken occasionally in the same quantity, which will tend to thin the blood, and open the obstructed glands.

When the tumor is external, it may be frequently bathed with juice squeezed from the pods of a marine plant called *sea wreck*, which is in greatest perfection in July, and may then be found in plenty on the different shores. One dram of salt of tartar dissolved in a pint of pure water, and applied milk warm to the
affected

affected part, with a soft sponge, twice or thrice a-day, is also a powerful remedy, which I have known to produce good effects; if it inflames the skin, a little milk may be added at the time of use. Should the malady be seated in the womb; the injection, No. 22, may be thrown up, with a womb syringe, three or four times a-day.

If the patient is in much pain, attended with fever, she should lose a few ounces of blood, and, after the body is rendered laxative by the medicated whey, with cream of tartar, she may take the saline mixture, No. 23; but if the pain should still remain excessive, the anodyne clyster, No. 24, may be administered in the evening, as occasion requires.

Ass's milk, goats whey, and Bristol water may all be used by turns, and should be continued for several months; otherwise no good effect can reasonably be expected.

I would also recommend the decoction, No. 25, taken in the quantity of half a pint night and morning. Two of the hemlock pills, No. 26, are particularly proper after bleeding and laxatives, when the diseased tumor is perceived to grow red, or is affected with itching, inflammation or shooting pain, all which are unfavorable symptoms, denoting a strong tendency in the part to become cancerous. Indeed, the truth is, too much time is generally lost by vainly confiding in the power of medicine, whilst extirpation of the diseased part is neglected till too late.

When the tumor unfortunately breaks out into a *cancerous sore*; Mr. Soultzer has recommended the *carrot poultice* as a very effectual application, for asswaging pain, and removing the intolerable stench attending such ulcers. Its efficacy seems rather to depend on the vast quantity of contained *fixed air*, than any peculiar virtue; it ought therefore

fore always to be applied raw, as boiling would expel a considerable part of this air.

The poultice may be made with common carrots, procured in the months of February and March, and grated fine, so as to make a pulp which may be moistened with the juice of fresh carrots and pounded till it becomes in consistence fit for a poultice. The old full grown carrots which are sticky or those gathered in the spring, are unfit for use, the first being almost void of juice; in the last, it is too crude and watery.

The vapor arising from fermenting liquors being found to possess the extraordinary power of sweetening putrid flesh, may be applied with good effects to foetid ulcerous sores. The diseased part may be placed over the fermenting liquor, or receive the vapor in a full stream, from a pipe and flexible tube, proceeding from a vessel which contains *chalk* and diluted *oil of vitriol*; and from which, without any agitation, a

sufficient quantity may be produced for that purpose. By placing a thin piece of fine sponge on the surface of the fore, and directing the pipe immediately to it, the vapor would have a more permanent effect, and be more equally diffused over the fore.

A due attention to the passions and manner of living, as well as to diet, is also necessary. The patient should endeavour to preserve her body and mind from agitation and disquiet; she should abstain from the use of spirituous and fermenting liquors or strong wines, and avoid all violent exercise, late hours, and the extremes of heat or cold. The natural discharges of the body should also be regulated, in such a manner, as neither to become excessive or deficient.

Those are the principal resources in scirrhus and cancerous diseases, and although, from the very nature of those horrid maladies, they are too often insufficient to effect

a perfect cure ; they seldom fail to mitigate the severity of the symptoms, to prolong life, and render it more supportable.

Sometimes there are fleshy excrescences, which have long been improperly distinguished by the name of *False Conceptions*; those, being in reality tumors growing from the substance of the womb. Clots of blood, squeezed and compressed into a solid mass, by its close contraction, or retained fragments of the after-burden, which put on the same appearance, have also been mistaken for a false conception.

In general, the fact is as follows ; When women miscarry at an early period, the real conception, being almost in a gelatinous state, from its extreme delicacy and tenderness of texture, is usually dissolved, and passing off from the womb in a fluid form, leaves the after-burden still adhering, which, at last coming away, and no appearance of a child being found, it is then called a mole

or false conception. It follows therefore, that the false conception lies in the brain of old women, and silly nurses ; that which they deem such, not being a false production of nature.

SECTION

S E C T I O N VI.

Descent, or Bearing down of the Womb.

THIS happens when the womb falls down through the relaxed *vagina* or passage, and appears externally in the form of a tumor.

It has been the common opinion, that the womb is retained in its natural situation by two sorts of bands or ligaments peculiar to it, and that this disorder is occasioned by a weakness of those parts; but, from the most particular examination, they appear to have very little sustaining power, and experience shews, that a descent of the womb may happen without any fault of those ligaments.

But, allowing they were affected and their strength impaired, even then the womb could not possibly descend to the external

parts, without an uncommon dilatation or enlargement of the vagina; and on the contrary, so long as that part is endowed with sufficient resistance, no bearing down could possibly follow, although the ligaments had lost their sustaining power.

The immediate cause of this disorder must, therefore, be owing to a preternatural weakness and enlargement of the passage leading to the external parts.

Hence it may proceed from any cause which tends to relax the vagina and render it so weak as to allow the womb, in whole, or part, to intrude or press down thro' its enlarged cavity; when the first happens, it is called a *descent of the womb*, but if only the last, 'tis termed a *bearing down*.

In whatever degree the disorder prevails it will always be rendered worse by the upright position of the body; for then, the weight of the womb rests more immediately upon the affected part.

If to this principal cause of the disease, other accidental causes are added, such as a cough, straining to lift heavy weights, or any violent efforts of the body, which act immediately on the womb; it will then be aggravated and rendered more difficult of cure.

Agreeable to those circumstances, a bearing down, and sometimes an entire descent of the womb happens in consequence of hard labours, where the fibres of the vagina have been so overstrained, as not easily to be restored to their natural strength and firmness, especially in those of delicate constitutions; on the contrary, virgins are seldom affected with it, except they are of a habit of body uncommonly lax and weak, or where the womb is in a diseased state.

The *fluor albus* also disposes women to this complaint; because the parts contiguous to the womb, gradually lose their resisting power by the continuance of the
discharge

discharge, which not only exhausts the strength, but so macerates and relaxes, as to render them preternaturally soft and yielding.

The disorder called *bearing down* is generally slight at first, producing an uneasy sensation, as if something was pressing upon the affected part ; but, where there is an *intire descent*, the symptoms are much more severe ; for, the bladder being connected with the Womb, is then pulled down with it and occasions a difficulty of urine, attended with pain.

This inconvenience may be remedied by pressing up the tumor, when the patient is placed upon a bed or couch, so as to restore the bladder to its natural situation, which is a much more proper and eligible method, than that of passing the *catheter* to draw off the water ; since in this particular case, the instrument would meet with great resistance, and occasion excessive pain and inflammation of the urinary passage.

When

When the tumor is large, and descends so low as to appear externally, it is apt to swell and ulcerate; but this does not proceed, as generally supposed, from the acrimony or sharpness of urine diffusing itself over the tumor, but from the strangulation of vessels at its upper part; by which the course of blood is obstructed, even sometimes to such a degree as to produce *mortification*.

The descent of the womb is attended with many circumstances of the most distressing nature to delicate women who are, unfortunately, most subject to it.

In bad habits of body, there have been instances where it ended fatally, by producing a *scirrhus* or *cancer*. In a word, it hinders the regular returns of the menses, brings on *fluor albus*, prevents conception, and, at last, by perverting the natural functions of the womb, destroys the constitution.

It will therefore be prudent for every woman who at first perceives a bearing down, to consider it as the fore-runner of the disorders already mentioned, which might be prevented by applying for relief before the disease is rendered incurable from its long continuance.

The intention of cure will be, to replace the womb, to strengthen, and brace up the vagina in particular, and the solid system in general.

When the disorder is of short duration, the two first intentions may be effected by placing the patient on a bed or couch, with her head low and her hips raised, and then gently pressing up the tumor, till it is returned into its natural situation. She should afterwards continue, as much as possible, in the same recumbent position, and the cooler she is kept the better. By such means the womb will retire from the weakened part, and relieve it from the
super-

superincumbent pressure, which it must otherwise sustain from an upright position of the body.

When the tumor is large and of long standing, attended with pain and inflammation, the patient should be bled, and emollient poultices of white bread and milk applied twice a-day to the part affected, before any violent means are used to replace it; previous to which, the bowels should be emptied by a purging clyster, and the urine evacuated from the bladder.

Should the reduction of the tumor prove difficult, it may be attempted in a temperate bath of milk and water, in which she may be placed with her shoulders low; but whenever there might be danger of a mortification, by delay, she ought to have immediate recourse to those most conversant with such disorders.

After the tumor has been reduced, the intention of contracting the relaxed *vagina*, so as to prevent its future descent, may be effected

effected by the frequent use of the astringent injection, No. 27, and by giving more strength and firmness to the whole bodily system. Nourishing diet, the mixture, No. 28, together with the waters of Tunbridge or Spa, will contribute most to this end. The use of the cold bath will also be extremely beneficial, where the internal parts are free from decay.

This gentle method, pursued with steadiness and patience will, at last, generally effect a cure, by restoring the weakened parts to their former strength; particularly, as there is a natural tendency in the solids of the body, to contract and regain their usual firmness, when freed from the stress and violence of such causes as before had diminished their power.

Some authors forbid the reduction of the tumor, when ulcerated, 'till after the sore has been healed; but this practice is neither founded in reason or experience, for it would be impossible, permanently to heal
the

the ulcer, whilst the part remains out of its natural situation, and its vessels are in a strangulated state; but on the contrary, being replaced, it will naturally heal without any other assistance than that of a little barley water, thrown up as an injection to keep the ulcer clean.

A simple bearing down, is sometimes cured by pregnancy, from the effect of which, the womb enlarges, and will be gradually press'd upwards and reinstated; however, after delivery, it generally returns with an aggravation of the symptoms. It may therefore, be prudent for the patient to keep her bed the longer on that account, and more effectually to prevent a relapse, it will also be requisite to use the same strengthening medicines as have been directed in the cure of that disorder, and to wear the T bandage, a few weeks after her going abroad.

In this complaint, all violent efforts of the body should carefully be avoided, such

as vomiting, coughing, sneezing or laughing; also *tight lacing*, or whatever compresses the belly and womb. The same regimen as that recommended in the *fluor albus*, respecting air and diet, will be necessary.

The curative method here laid down being directed to the very seat of the disorder, is in every respect preferable to the application of those painful and indelicate instruments, called *pessaries*, so often made use of with a bad effect; for, instead of strengthening the weak part, they lay additional stress upon it, and consequently are highly improper. It must be plain to the most common capacity, that such applications only prevent the descent of the womb by obstructing the passage; therefore, so long as the part is thus kept in a state of continual distention, it never can be braced up or strengthened by the power of art or nature.

If

If the *peffary* is introduced too small, it will soon be forced away by the first fit of coughing or straining, and if too large, will bring on the *fluor albus* in a high degree ; besides, it generally becomes so painful as not to be endured, and being a pernicious application, ought to be rejected from practice. It never can answer any good purpose, but on the contrary, will always increase the malady, by overstraining and weakening that part which was much too weak before.

In two particular cases where I was consulted, such Pessaries had been introduced ; in the first, the patient was far advanced in years, and had worn the instrument for a long time. She complained of great heat and inflammation, at the lower region of the belly, attended with violent colic pains, and frequent but ineffectual endeavours to void her urine ; she had much fever, and at last became delirious, from want of sleep and violence of pain, which threatened

a mortification of the bowels. What I prescribed only afforded temporary relief, for the real nature of her complaint was at first concealed from me. The Pessary, which was made of cork, being very large, and closely confined by inflammation of the part ; I was obliged to use considerable force to extract it, which occasioned much pain and a discharge of blood ; however, by proper care, she at last recovered, and afterwards remained well.

The other case was attended with the like symptoms, but in a less degree, and was also removed by the extraction of the Pessary.

These are only a few instances to shew the bad effects of such instruments. A Pessary was lately extracted from the fundament of a woman in St. Thomas's hospital. It had made its way from the vagina or passage, by a mortification of the parts, and nearly cost the patient her life.

Should

Should the descent of the tumor, prove very troublesome, and prevent the patient from walking about ; a fine sponge wrung out of alumn water may be dried in a compressed state, and cut into any convenient form, so as to be introduced as high as possible. This application will not only act by its astringency, but also by its pressure, though in a much more gentle and uniform manner, than any kind of pessary made of harder substance.

During the use of this application, the astringent injection, No. 29, may be used twice a-day, and the sponge tent should gradually be made smaller, from time to time, as the vagina contracts. The T. bandage may be worn a few weeks, the better to retain the tent, and to secure the patient from the danger of a relapse.

S E C T I O N VII.

Of Abortion and Barrenness, and the Remedies most effectual in preventing these Maladies ; with Rules and Cautions for the Conduct and Regimen of Women during the several Periods of Pregnancy, also Remarks on the Power of the Mother's Imagination on the Child in the Womb.

ABORTION and Barrenness may be considered as disorders of the secondary kind, proceeding either from a fault in the general habit of body, or some particular defect in the structure and use of the womb or parts peculiar to it.

Respecting the various diseases of the womb already treated of, 'tis no wonder its natural functions should be perverted or destroyed, and therefore, that women sometimes

times prove *barren*, or, having conceived, should often *miscarry*.

In proportion as they deviate from the simple law of nature in their manner of living, the vital powers of the body will be impaired, and among the rest, those which contribute to multiply their species. This more evidently appears by infirmities peculiar to women of superior rank, from which those of more humble stations, are almost entirely free.

The poor female cottager who uses exercise in the open air, who eats the coarse, but wholesome bread of industry and drinks from the cooling stream, is seldom troubled with those maladies which afflict the rich and indolent, undone by the abuse of plenty. Her body is not like that of the modern fine lady robb'd of its native vigor by unseasonable indulgence, or her mind tortured by imaginary wants ; her nerves are not convulsed by insults of passion, or the excesses of midnight dissipation. So far from being

barren, she generally becomes the mother of a numerous and healthy offspring, which, like young oaks of the forest, planted by the hand of nature, without the imperfect, artificial help of a nursery, by nature simply live and thrive.

Among the general causes productive of *abortion* and *barrenness* may be reckoned all those which occasion *irregularity* or *obstruction of the menses* ; for, I have observed, that such as menstruate sparingly, at undue periods, or not at all, are either barren, or produce a puny race which are often brought forth before their time.

Such faults of the constitution as produce abortion may also arise from a *scorbutic* or *scrophulous* habit of body ; or from a *venereal taint* which vitiates the blood, and render it unfit to nourish the child. Poison the source from which a vegetable draws its juices, and instead of producing fruit, it will wither and die.

Abortion

Abortion may also happen from fevers, or other acute diseases incident to the mother; from external violence, as blows or falls, sudden terror, or anxiety of mind; offensive smells, or food taken into the stomach which offends either in quantity or quality. A preternatural conformation of the womb, where it is too narrow and contracted, or such diseases in the *Stamina* of the child as destroy it in the very bud, may likewise prove the cause of abortion.

Women are most liable to miscarry in the first four months of pregnancy, for then the vessels connecting the child to the womb are so extremely delicate as to be broken asunder by various accidental causes; and when all intercourse between them is destroyed, abortion must necessarily follow. So great is the *analogy* between animal and vegetable bodies, that the *embryo* or child in this tender state, may be compared to a blossom, which is often blighted and destroyed before the fruit is perfectly set.

Acute fevers, and the extremes of sudden *fear* or *anger* create abortion, by increasing the motion of the blood upon the womb, and forcing off the after-burden adhering to it.

In such cases, bleeding, gentle evacuations by the bowels, and the opiate pill, No. 30, are the principal remedies, together with the warm bath, more particularly, if the patient has been frightened; but if she had a fall or blow, the balsamic, laxative mixture, No. 31, after bleeding, with a spare diet, will be sufficient.

Sickness and vomiting, or swimming in the head, occasioned by offensive smells, may be relieved by *Eau de luce*, lavender water or sharp vinegar applied to the nose; and if the stomach is oppressed with improper food, it may be discharged by the gentle emetic, No. 32, but should the patient be attacked with violent purging attended with pain, tenesmus or bloody stools, she ought by no means to trust her own judgment, but
 apply

apply for proper advice ; all violent disorders of the bowels being attended with great danger.

Those *abortions* which usually happen at certain periods of time, as in the sixth or seventh month, are generally owing to a contracted womb, and therefore incurable ; except the frequent distention of the part, by repeated conception, should at last remedy that inconvenience ; otherwise, we have no power to alter the natural structure of the organ ; neither do those abortions admit of relief, where the *stamina* or principles of the *embryo* are originally diseased.

In such cases, no remedy has perhaps been so much abused as *bleeding*, which, like other means, becomes beneficial or hurtful according to the manner in which it is directed.

The quantity of blood carried off at each *monthly period*, in the space of nine lunar months, is found to be much less than the weight of a new-born infant, and its after-burden;

burden ; which are supposed to be actually constituted by the menstrual blood retained, during pregnancy, for that purpose.

Some women are therefore observed to become much thinner in the last months of pregnancy, from the consumption of their own proper juices, as well as that blood destined by nature for the nourishment of the child. Hence it appears, that bleeding, without some pressing occasion for it, is not only unnecessary, but even pernicious in the last months of pregnancy, when the child becomes so large, as to require full as much blood as the mother can spare.

Since women of strong habits, who continue to menstruate in the first months of pregnancy, are apt to miscarry about those periods ; it will then be advisable to take away a small quantity of blood, till after the fourth month ; especially if the patient is feverish or in pain.

The body should also be rendered cool and laxative by ripe fruits, and slender diet will be proper,

proper, which, indeed, nature herself points out ; for the stomach, like a faithful monitor, then rejects its contents, instead of retaining and digesting them ; consequently, by the sickness and vomiting prevailing in the first months, the symptoms of fulness are lessened, and the malady is relieved.

But to speak experimentally ; though well-timed bleeding in the first months may sometimes be of service ; in general, there is not that occasion for it which is commonly supposed ; for I have frequently observed, that young women, although they were plethoric, very seldom miscarried, if otherwise strong and healthy, and on the contrary, those of a weakly, hysterical habit were often liable to abortion, although no overfulness of the vessels prevailed.

In such constitutions as the last, bleeding is highly pernicious, for women as often miscarry from want of blood as from its redundancy ; and the more their vessels are emptied,

emptied, the weaker will they become, and still more susceptible of every external impression affecting the body or mind : Therefore, instead of diminishing the quantity of blood, every thing should be done to increase it, and to strengthen the nervous system.

As the causes of abortion are almost innumerable, it is extraordinary women do not oftener miscarry. In fact, the offensive smell from the extinction of a candle, or the most trifling accidental causes, will occasion miscarriage in some, whilst such is the retentive faculty of the womb in others, that no impression on the body or mind, however violent, or any medicine, 'tho ever so powerfully noxious, is sufficient to produce that effect.

I have known several instances, where abortion was produced by the smell of fresh painted rooms, or by the patient's overreaching herself, and others where forcing medicines were rashly administered
in

in a supposed obstruction, which turned out pregnancy, and yet no abortion ensued.

As I had been at Lisbon the year before the *Earthquake*, humanity, as well as curiosity, led me to enquire after the fate of several Ladies who were then pregnant; yet notwithstanding that dreadful calamity, by which so many thousands perished, and where nothing presented but sights of the extremest horror, which actually killed some with sudden fear; I was informed that many of those pregnant escaped abortion, and were happily delivered at their full time: So different was the effect of the same cause, in constitutions endowed with different degrees of feeling.

Whatever may be the cause of abortion, the effect is produced by a separation of the after burden from the womb, and consequently, the child being deprived of nourishment, must soon perish and be expelled.

The

The most common signs of abortion, are a forcing down with slight pains, like those of labour, and the discharge of a watery fluid ting'd with blood ; together with mucus of a redish color, commonly called a shew, or token of approaching miscarriage.

Under those circumstances, especially in the first four months, assistance from the hand of the midwife is seldom necessary, and the medicines usually administered have but little effect ; however, the patient may take a spoonful or two of the anodyne julep, No 33, which will mitigate the pains and procure rest. She ought to be kept cool and quiet, and is always in the least danger, in proportion as she miscarries without any violence applied, under the pretence of giving her assistance. If her pulse is full, attended with much pain or fever, she ought to be bled ; especially if she has sustained any external injury, otherwise it will not be necessary.

On

On this occasion, I am desirous to caution the patient against the dangerous use of such medicines as are supposed to be endowed with the singular power of bringing away the child and after burden, and procuring what is called an easy time; the bad effects of which I have remarked at page 69; for all such medicines being of the forcing kind, may kindle up a fever, and occasion dangerous floodings, or perhaps an inflammation of the womb, and death itself.

In cases of apparent miscarriage, there is one particular sign which ought to be attentively regarded, viz. the discharge of a flesh-colored, flaky substance, which comes away with the waters: When this delicate membrane peels off from the womb, and thus appears, it is out of the power of human art to prevent the impending evil; this substance being the very cement or *bond of union* between the mother and child, and being now broken down, and dissolved, all communication must cease; and the last
being

being deprived of nourishment, abortion will necessary follow. Medicines therefore proposed to be given by way of precaution, are, in such cases, totally out of the question.

A suppression of menses being by far the most common cause of barrenness; the proper regulation of that discharge will contribute more to remove it than any other method whatever : the Reader is therefore referred to what has been laid down on the treatment of obstructed menses.

Particular diseases of the womb, such as scirrhus, cancer, or a dropical state of that part, or any kind of excrescence shutting up its orifice, may also render the patient barren.

The *fluor albus* likewise often prevents conception, or where it really happens, render it of no effect; for if the womb is overcharged with continual moisture, the Embryo may glide through its relaxed orifice, before it has had time there to strike root.

Besides,

Besides, as the womb is not the original seat of conception, but receives from the *ovarium* the impregnated ovum, or child in miniature, by means of a slender tube; if any of the parts subservient to this organ are diseased, or defective in their office, no conception will then follow, although the womb remains perfectly sound, and in its natural state.

Sometimes there is a preternatural expansion of that membrane called *Hymen*, which may render venereal intercourse ineffectual, and the discharge of menses impossible. Two or three instances of this kind have occurred to me in practice, where the patient was therefore suspected of being with child, both because of the swelling of her belly, and absence of the menses.

In one of these cases, the menstrual blood, at every monthly period, was retained in the womb, instead of being discharged, creating a considerable enlargement of the

L belly,

belly, and other distressing symptoms, which were at last perfectly cured by the necessary operation.

On such occasions the state of the womb should be particularly attended to, and information taken from the touch ; if any defect be perceived in the generative parts, it should be remedied if possible, by the assistance of a skilful surgeon. But where the patient labours under a *suppression of menses* or profuse discharge of the *fluor albus*, the first should be promoted, and the last restrained, according to the rules already laid down in treating of those Diseases.

I have known some barren women become fruitful, by going from a cold to a warmer climate. A woman in London who had been married nine years, and during that time never had a child or miscarriage, by residing with her husband in the West-Indies, soon afterwards became pregnant,
and

and at her return, was delivered of her third child in the Westminster Lying-in Hospital.

This case, as well as some others, which I have observed of the like kind, suggests a useful hint, and points out the necessity of producing that change of habit which can only be effected by alteration in the degrees of heat, the qualities of air, and difference of diet. Besides, we have already taken notice, that women menstruate more freely and regularly in warm climates, and that such are always more fruitful ; which seems to account for the extraordinary instance now mentioned.

This remark is further confirmed by the following circumstance, viz. Some women though in the same climate, conceive at one particular time of life, who had been barren at another, especially such as were weak and delicate : This seems to happen in consequence of a certain change produced in the constitution, by the effect of

increasing age, which hardens the fibres and adds strength to the system.

Where barrenness proceeds from universal weakness, nothing will so much assist as nourishing diet, preparations of Peruvian Bark, the iron waters of Tunbridge, Pyrmont, or Spa; but if they cannot conveniently be procured, pure water, artificially impregnated with their qualities, as directed by Dr. *Priestly*, and which perhaps is not inferior in its effects, may be frequently drank fresh prepared. Moderate exercise in pure, dry air, and the use of a cold-bath, will also contribute greatly to relieve those who miscarry from a weak and irritable nervous system.

To conclude; as sea voyages, change of climate, and alteration of diet have been known to cure consumptions and other chronic diseases, where medicines availed but little; and as those cures were manifestly brought about by a gradual, mechanic change in the bodily powers; it seems highly rational to recommend

recommend a trial of their effects in cases of Barrenness or Abortion, so often arising from concealed maladies which disorder the constitution,

I could wish to recommend the following *Simple Regimen*, which may be varied occasionally, as circumstances require.

If the patient is of a full habit and inclined to grow corpulent, let her increase her exercise and lessen the quantity of her food, which should chiefly consist of milk and vegetables. For such ; pure water, lemonade, or imperial water, are the best drinks.

If she is thin, weak and delicate ; less exercise will be sufficient, and her food may be taken often, in small quantities : White meats, jellies, shell-fish and fresh eggs, should chiefly constitute her diet. After dinner she may drink a small quantity of brandy with water, sometimes a glass of Port or Madeira-wine, or half a pint of clear, old London Porter. Tea, especially in the morning, is pernicious, as well as the

custom of drinking it or other liquors too warm, which macerate and relax the stomach, and destroy its digestive faculty. For breakfast she may drink coffee, milk or thin chocolate. The strengthening infusion, No. 34, may be taken twice a-day, and at the same time the cold-bath will be highly beneficial. She should go soon to bed, and rise early.

Absence from home may also be requisite; for some women, who for a time had retired from the embraces of their husbands, proved with child after their return.

Various have been the means devised to catch the attention of the weak and credulous, under the pretence of making barren women conceive, but, unfortunately they generally failed in the trial. The craft and subtle artifice of those, who, like gypsies and jugglers, turn the extravagant belief of the public, to their own private gain, have introduced charms, incantations, and such
like

like ludicrous mummary ; as well as odious and uncouth medicines, which nature should abhor.

A due attention to the following simple *Rules and Cautions for the conduct of women during the different periods of pregnancy*, may be necessary, particularly for those who have been apt to miscarry.

For the first three or four months women of full habits should live on simple diet, and somewhat more abstemiously than usual. Every thing which violently increases the blood's motion, whilst the connection between the mother and child is slender, should be carefully avoided ; and therefore agitation of body or inquietude of mind will be extremely injurious. If the patient is strong, has a full pulse, and affected with pain, fever, head-ach, sickness, or vomitings, she should lose a few ounces of blood, and if costive, a spoonful or two of the laxative mixture, No. 35, may be taken occasionally, till it produces its effects, and afterwards, the

use of ripe fruits, new raisins and a vegetable diet will keep her body cool and laxative.

If she is weak, delicate, and hysterical, or so irritable, as to be affected with flurry of spirits, on slight occasions; bleeding and evacuations are improper. At such times, the infusion, No. 36, may be taken twice a-day, and one of the anodyne pills, No. 37, whenever she meets with any sudden surprise, or is affected with pain and anxiety which deprive her of sleep.

Her diet should be of the nourishing kind, consisting chiefly of broths, jellies, fresh eggs, and the like. If she is subject to indigestion, and oppressed with wind at stomach, she should abstain from tea and vegetables; and instead of malt liquors (a glass of clear old porter excepted) drink toast and water, with the addition of a little rum or French brandy. In the summer, she should lay cool on mattresses and not indulge herself too long in bed.

After

After the fourth month she may live on fuller diet, and use more exercise, till about the beginning of the eighth, at which time, if she finds herself heavy or unwieldy, affected with cramp, pains in her loins, or swelling of the legs, she should often indulge herself on a bed or couch during the day.

If she is costive and subject to heart-burn, or piles, the use of *magnesia* will be proper; if sleepy after dinner, or oppressed with throbbing and palpitation of the heart, she should diminish the quantity of solid food, and live chiefly on milk, nourishing broths, or spoon meats.

Before we conclude this section, it will not be improper to consider, in a cursory manner, those effects which have been imputed to the *Imagination* of the mother in marking and deforming her child in the womb, and as I have amply treated on this subject in my PUBLIC LECTURE introductory to the science of Midwifery, I shall beg

leave

leave to transcribe from thence, such particulars as seem most applicable to the present occasion.

“ It is to be regretted that the generality of women are inclined to adopt an opinion so unfavorable for their own repose, and which not only tends to disturb the mind and fill it with dreadful apprehensions, but is also contrary to experience, sound reason, and the state of the animal œconomy. To suppose that nature in the production of the human species, should thus transgress her own laws, and be put out of her regular course, by trifling accidental causes, is not only cruelty and disaffection to themselves, but an affront to the wisdom and goodness of the Creator.

“ No anatomist has ever been able to demonstrate the existence of nerves in the umbilical-cord or navel-string, which is the medium of all intercourse between the mother and child ; how then can the imagination of the first extend its influence to

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the last, without the mediation of nerves, which are the organs of all sensation?

“ A child in the womb has a body perfectly distinct from that of the mother, and is not at all affected by her sensations, which are entirely confined to her own system; many instances may be brought to prove that the one sleeps whilst the other is awake; the one is in pain when the other is at ease, and that each has a circulation of blood peculiar to itself.

“ It has been observed that infants have often been mark'd, where there was no preceding disturbance in the mother's imagination, and on the other hand, in cases where it had been violently affected, the child has been free from marks and deformities. History informs us that *Rizzio*, secretary to *Mary*, Queen of Scots, was stabbed in her presence whilst she was pregnant, but notwithstanding the horror impressed upon her mind by such a sight, she was delivered of a child, afterwards

wards *James* the first, who had not the least appearance of blood-colored marks or stigmata.

“ We are seriously told, that marks resembling red-currants, &c. become more red and vivid when those fruits are ripe; to which, if any reply be necessary, it may be answered, that the paleness or florid color of the skin depend on the quantity of blood passing through the smaller vessels on its surface, consequently it must appear most ruddy, in hot weather, when such fruits are in season. If the imagination has power to produce colors, as some have weakly suggested; why should not the child as often be mark'd with green gooseberries as red currants, since the mother may long for the one as well as the other.

“ But seeing that marks and monsters do sometimes happen, how are they to be accounted for, or from what causes do they proceed? perhaps from some accidental violence

lence disturbing the tender embryo, or from a diseased stamina, where the first stamp of its existence is defective.

“ In a word, monstrous foetus’s happen as often in brute animals, where the imagination is not supposed to operate, as in the human species. Even the inanimate bodies of plants are sometimes preternaturally form’d. From the whole of these preceding circumstances, we may reasonably conclude that the mother’s imagination can have no power either to alter the stamina of the foetus, or change the mode of its existence, by giving it additional parts, or taking away those which were already form’d.

SECTION.

SECTION VIII.

Of the Hæmorrhoids or Piles; Obstruction or Incontinence of Urine, Strangury, and Ulceration of the Bladder.

INDOLENT and inactive women of gross habits are often subject to the Hæmorrhoids or piles, especially during pregnancy, not only from the enlargement and pressure of the womb, but from costiveness so frequent at this juncture; both which obstruct the circulation, and overload the blood-vessels of the *rectum* so as to occasion heat, throbbing, and acute pungent pains in the contiguous parts.

This disorder is distinguished into *blind* and *bleeding piles*: The first, are not attended with any rupture of the vessels or discharge of blood, but in the last, the veins are so over charged, as to push outwards in form of irregular prominences which burst and pour out their contents.

The

The blood discharged by open or bleeding piles may be distinguished from that voided in the *bloody flux*, by the following signs : In the first, the pain is local, chiefly confined to the fundament, and the blood comes away alone or before the stools ; but in the last, the pain is more extended over the belly, the blood is discharged together with the stools, or afterwards by the efforts of straining.

From the *bleeding piles*, although a troublesome disorder, many benefits are derived to the constitution, in preventing some diseases or curing others ; and therefore, the discharge ought not to be hastily suppressed, except it becomes so immoderate as to occasion faintness and loss of strength.

In complaints of the *head*, *breast* and *bowels*, attended with low spirits and melancholy ; many examples might be brought to shew its salutary effects ; and in disorders of the bladder and womb, it has been found more immediately serviceable, in
consequence

consequence of a communication of vessels between those parts, and that from which the offending blood is evacuated.

Here it may be proper to remark, that blood is often discharged from different parts, at different periods of life, according to the peculiar habit of body which then prevails: In youth, it often escapes from the *nose*; at maturity, it proceeds from the *womb*, sometimes from the *stomach* or *lungs*, but in more advanced age, or the autumnal season of life, it frequently passes off by *bleeding piles*, either to compensate for the loss of some other necessary discharge, or to relieve the constitution of blood which then too much abounds, and cannot pass off by the womb.

There is a manifest sympathy between the *menfes* and *bleeding piles*: For instance, when the first are obstructed, I have observed that the last sometimes became periodical, and supplied their want. Such a discharge therefore, can never be stopped without in-

jury

jury to the constitution, neither should it be suddenly restrained, whenever it happens about the *cessation of the menses*, for then it seems to be an expedient of nature to prevent the inconvenience of too sudden a stoppage of that long accustomed evacuation.

I have seen several instances of its good effects in such cases, and where, by an over hasty suppression; anxiety at the breast, with palpitation of the heart and internal fluttering were brought on, attended with *hysterics*, dejection of spirits, and a train of distressing symptoms, which could not be so effectually relieved by any method as that which procured a return of the bleeding piles.

This disorder may be brought on by habitual costiveness, the immoderate use of spirituous liquors, or strong purgatives with *aloes*. Violent anger, anxiety of mind, or taking cold, will have the same effect. From high living, or improper treatment, which heat the blood and excite fever, it is

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sometimes terminated by inflammation and a collection of matter, producing a *fistula*, or hollow ulcer not easily cured without cutting, especially, in bad constitutions or those who lead a sedentary inactive life.

In the blind piles, attended with pain and fever; bleeding, laxatives, and spare cooling diet of the vegetable kind are proper. The liberal use of ripe fruits are beneficial, also veal broths, with a large addition of cooling herbs, and a little *nitre* instead of common salt, which thus taken is very palatable, and productive of good effects, by promoting perspiration and urine, as well as by gently opening the bowels.

The patient should often indulge herself, if possible, by lying down on a bed or couch, and nothing will relieve her more than being kept extremely cool; her food should be light and easy of digestion, and she may take cream of tartar whey, or imperial water for common drink.

When

When the pain is excruciating; *Leeches* may be applied to the affected part, and tempted to take hold by touching the surface with blood; but if they will not fix, blood may be safely discharged from the larger piles, with the point of a fine lancet, which generally procures immediate ease. The opiate clyster, No. 38, scarcely milk warm, may be administered in a small quantity, when the pain continues acute, and if the pipe is covered with a pigeon's gut inverted, it will glide up with much more ease to the patient.

If she cannot be prevailed upon to submit to this method, she may be placed over the steam of warm water, impregnated with lavender and elder flowers, to which half a table spoonful of *liquid laudanum* has been added at the time of use.

Nothing will give more instant ease in a painful fit of the blind piles, than the application of intense cold to the surface of the body. A glass of cold spring water may

be taken at the same time, and a soft sponge dipped in the cooling lotion, No 39, may be applied to the affected part, and secured by the T bandage. The opening electuary, No. 40, may then be taken in the quantity of a nutmeg every other morning, or oftener, so as to keep the body gently laxative.

Ointments are most proper after the pain and inflammation are abated; and should any be used, that at No. 41, is eligible, on account of its whiteness and want of smell; but those applications are not so efficacious as generally imagined.

Where the strength is apparently wasted by too profuse a discharge of bleeding piles, it may be restrained by keeping the body cool, and the use of vegetable acids taken in common drink, such as the juice of lemons, oranges, or pomegranates, or a decoction of *tamarinds* sweetened with manna. The affected part may be bathed twice or thrice a-day with a soft sponge, dipt in port wine, which may afterward
be

be gently bound on the part, by the T bandage. A tea-cup full of the strengthening, astringent mixture, No. 42, may then be taken twice a-day with great advantage.

Nothing is so efficacious to recal the bleeding piles, as small pills of purified *aloes* and soap, one of which may be taken night and morning; the patient may at the same time use emollient clysters and the warm bath. So powerful is the effect of *aloes* in producing piles, that we are told, the *Jews*, *Venetians* and eastern people, from the frequent use of this drug, are of all others most subject to that disorder.

I have here purposely omitted the mention of *sulphur*, as a medicine frequently given for the piles; but from what I have repeatedly seen of its effects, I cannot think favourably of it, having twice observed a very dangerous and profuse discharge of blood from the womb, occasioned

by its liberal use. It evidently heats the body and increases the blood's motion, and therefore acts in a manner directly contrary to the intention of giving relief, like many other things more regarded from custom than propriety.

I have directed sulphur with good effects in *chronic rheumatism* and other cases of the like kind, proceeding from weak vessels and a languid circulation : It seems to act by promoting a free distribution of the blood, and by increasing insensible perspiration.

Those who have been subject to *piles* and wish to prevent their return, should keep the body laxative and live on light, simple food ; they should use gentle exercise and drink pure water, avoid spirituous liquors, night air, and as much as possible, anger or anxiety of mind.

Disorders of the Urinary Bladder, may proceed from all such causes as produce pain and inflammation of that part ; viz. injuries received in hard labours ; the gravel and
stone,

stone, or a long and painful retention of urine. Also sharp scorbutic humors, or the translation of febrile matter to that organ, at the crisis of a fever.

The sudden suppression of menses, or bleeding piles ; the immoderate use of mercury, Spanish flies, or such like violent and corrosive medicines, have also been found to injure the bladder.

A long retention of urine, in the female sex, has often been productive of the worst consequences, and is one of the most frequent and principal causes of diseases in the bladder, which might be avoided by imitating that freedom of retiring peculiar to French Ladies, who are much less subject to such complaints, than those of this country.

Urine, when too long retained in the bladder may prove hurtful both by its quantity and quality ; the first will overstrain its fibres and produce weakness or palsy so as at last to bring on *Incontinence of*

urine ; and when by heat and long stagnation, the oil and salts of that fluid have acquired acrimony, they will corrode the internal coat of the bladder and occasion inflammation, fever, stranguary or even ulceration.

The celebrated *Tycho Brahe* attending the Emperor of Tuscany in a coach, and retaining his urine too long, forfeited his life to his false delicacy.

Pressure of the child's head on the neck of the bladder, during labour, or subsequent inflammation, may also create pain and difficulty in rendering the urine.

The method of treating this disorder must be varied according to the causes by which it was produced.

If it arises from any violence creating local pain and inflammation which shut up the urinary passage, bleeding and laxatives will be proper ; after which the anodyne emulsion, No. 43, or linseed tea may be given for common drink ; an emollient
clyster

clyster with mallow leaves boiled in milk may also be administered, and for nourishment the patient may take veal broth, with nitre, or small quantities of any simple food void of seasoning.

The warm-bath may also be used; but if the symptoms do not speedily give way to such treatment, the urine should be drawn off by the *Catheter* without delay, for whilst it continues to collect in the bladder, and cannot be evacuated, relief from any other method would be expected in vain. However, it may be laid down as a general rule that all diseases of this part proceeding from a *scorbutic*, gross habit of body, can only be remedied by such diet and medicines as powerfully promote the natural discharges and restore the blood to its balsamic state.

If the patient is subject to the *Stone* or *Gravel*; half a pint of shell lime water with a third part of new milk, may be drank twice a day; or one dram of almond
 soap

soap dissolved in half a pint of thin chocolate, taken at two doses by proper intervals as the stomach will bear. But the medicine of all others the most elegant, and what I have often directed with success, in such cases, may be found at No. 44. Half a dram of salt of tartar, dissolved in three ounces of pure water, sweetened with honey, to which half an ounce of fresh lemon juice is added, may be swallowed during fermentation: This mixture has lately been recommended as a very powerful dissolvent. Those remedies however should be regularly pursued for several months, otherwise no lasting effect can be expected from them. But indeed, the truth is, they are much better calculated to prevent the formation of gravel in the kidneys, than to dissolve it when concreted into a stone in the bladder.

The patient may know whether the bladder or kidneys are affected by the nature of the symptoms, viz. When the first, the pain is seated low in the belly, or contiguous to
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the urinary passage; but in the last, an indolent pain, with numbness, is perceived across the loins, which abates from time to time, as the sandy particles fall down from the kidneys into the bladder.

This last species of the disorder, if violent, is generally attended with sickness at stomach, pains in the bowels, and a profusion of *bile*; it therefore, has frequently been mistaken for a complaint of the bilious kind; but, as it plainly arises from nervous sympathy; bleeding, a solution of gum arabic and opiates will be properest to abate the pain and inflammation, after which the bilious symptoms will cease.

In this particular case; *vomits*, which would agitate the body, and increase inflammation, are highly dangerous, although they have been inadvertently directed, on account of the bile and sickness at stomach, which here are only symptomatic Disorders.

Incontinence of Urine, or want of power to retain it the usual time, may proceed
from

from preternatural weakness or palsy in the neck of the bladder, which sometimes happens in the decline of life ; also from laceration, an ulcer or injuries received from difficult labor ; in consequence of which the urinary passage is imperfectly closed, and from thence the urine is allowed to escape involuntarily.

The passage of a large stone, or an obstinate retention of urine, may also produce this disagreeable complaint ; for, however contradictory it may appear, obstruction of urine, by overstraining the fibres of the bladder, will sometimes so weaken, and impair its retentive power, as to produce the contrary extreme, and at last occasion its *involuntary discharge*.

When the disorder arises simply from weakness and relaxation of the parts ; the strengthening infusion, No. 45, may be taken in quantity of a tea-cup full twice a-day. Jellies, and nourishing diet are proper ; the patient should drink Pyrmont, Tunbridge

Tunbridge, or Islington waters, and make use of the cold bath at the same time.

If it is brought on by violence done to the affected part ; bleeding, and laxatives, will be proper ; and afterwards the general habit may be strengthened, by the methods above directed. But should they fail ; a *Small Instrument* with an elastic, silver spring which cannot here be described, may be adapted to the affected part, in such a manner, as to remedy this disagreeable complaint. .

An *Ulcer of the Bladder* is a disorder of the most distressing kind, and extremely difficult of cure ; especially in bad constitutions where the patient is far advanced in years ; for, the bladder being constantly either filling with urine, or contracting for its expulsion, the parts do not remain long enough in a state of rest, to recover the injury sustained, or allow the sore to heal.

The same general causes as those producing pain and inflammation, sometimes terminate

minate in an ulcer ; hence too much caution can never be used, in disorders of this kind, even when at first apparently slight ; for many instances might be brought to shew their unfortunate event, when long neglected.

When disease arises from a bad state of blood, it is often inconsiderable in the beginning, commencing with a sense of heat, and indolent pain at the lower part of the belly, but at length is attended with *Strangury* or frequent endeavour to make water. The urine is not only voided with difficulty, in small quantities, but sometimes mixed with blood and matter highly putrid and offensive.

Balsams of the terebinthinate kind, commonly used in the early state of this disease before the inflammation is abated and the ulcer disposed to heal, have been found to exasperate the disease by their heating quality.

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The like methods and medicines are here proper, as those mentioned in a painful suppression of urine, or an ulcer of the womb. The emulsion, No. 46, or a solution of gum arabic in lime water, and a third part milk, may be taken for common drink, and the patient should abstain from wine and malt liquors. She may take the bolus, No. 47, with linseed tea, or a decoction of fresh *elm bark* twice-a-day. If costive, a glass of fresh new milk whey, sweetened with manna, will be proper to remedy that inconvenience.

An infusion of *pine buds*, or a decoction of the green tops and berries of the juniper shrub, with a small quantity of honey, in cold constitutions, where the disorder is void of pain or fever, may be given with advantage: and also the white balsamic mixture, No. 48.

The patient should confine herself to a light abstemious diet of milk, vegetables, honey, and ripe fruits; with a little animal food, jellies, or veal broth by turns. She should abstain from things salt and
high

high seasoned; from mustard, pepper, horse radish, &c. and also from acid liquors. Afs's milk with Bristol water and goat's whey are proper; but particularly the use of the decoction, No. 49, in quantity of half a pint twice a-day.

When the pain and irritation are violent; an opiate clyster made with the decoction of white poppy heads, may be injected milk warm, which will cherish the affected parts, assuage pain and produce the effect of an internal fomentation.

CHAP.

C H A P. III.

SECTION IX.

*Diseases of the Stomach and Bowels; their
Treatment and Cure.*

IF, it was necessary in the beginning of this work, to explain the functions of the womb, and shew its extensive influence on the female constitution; it is here equally requisite to consider the natural office of the stomach, as the great source from which the body derives its nourishment and support.

Here, the first process of preparing that vital fluid, *blood*, is begun, and as the digestive faculty of that organ is duly or imperfectly exerted on the aliment, so the blood will be rich, and pure, or crude, and watery: The first of these qualities will

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contribute

contribute to health, the last will render it unfit for the purposes of life, and lay the foundation of various *chronic Diseases*.

The stomach may be considered as a vessel placed in the center of the body, like an *Alembic*, for concocting and digesting the food daily taken in for its nourishment. From the action of *mastication* or chewing, the aliment is broken down, and by mixing with the *saliva* or spittle reduced into a pulp: Thus prepared it descends into the stomach, where, assisted with heat and moisture, it undergoes a slight fermentation, by which, the included air is expanded, and bursting from its confinement destroys the solid, compact texture of the food, rendering it one degree more fit for nourishment.

This will be more easily effected, as animal and vegetable substances naturally tend to dissolution, as soon as all circulation thro' their vessels ceases, and when thus deprived of

of their contained air, that being experimentally found the very *vinculum* or bond of union which holds their parts together.

The mass being thus sufficiently macerated and digested is expelled from the stomach into the alimentary tube where, its most nutritious part, called *Chyle*, like an emulsion is sucked up by the *lacteals* or milky vessels opening into the cavity of the tube, from whence it is conveyed into the blood, and by repeated circulations with the general mass, at last acquires the same color, quality, and consistence; or in other words, is changed into *real blood*.

Having thus simply traced the aliment from the mouth into the blood, it will more evidently appear, how that vital stream is continually replenished by fresh *chyle* passing into it through the milky vessels, like so many rills or little currents, which keep up the circulation and repair the daily waste made by exercise and the natural discharges of the body.

However opinions may differ respecting the precise manner by which *digestion* is brought about, 'tis certain that the *stomach* like the heart and other vital parts, derives its principal power and energy from the *nerves*; for when those with which it is supplied are cut or injured, both appetite and digestion are suddenly destroyed. Hence, grief, long continued illness, or intense study, which act on the brain and nerves, are found greatly to impair digestion, and lay the foundation of many *Chronic Diseases* hereafter to be treated of, and which could not have been so well understood without this previous knowledge of the very source from whence they originate.

The stomach holds a double intercourse with every part of the body; first, by the conveyance of *chyle* into the blood; and next, by sensation or *nervous sympathy*, by which, impressions made on the
nerves

nerves of that organ are from thence communicated to the brain and other parts.

Thus the tooth-ach has been relieved by a large dose of *opium* taken into the stomach, long before it could enter the blood or arrive at the part affected by the common road of circulation; and the trembling hand of a hard drinker presently becomes more steady after taking a cordial dram, merely by touching and invigorating the nerves of the stomach. A violent blow on the head excites that convulsive motion of the stomach called Vomiting: and bile, or other offending humours at the stomach, often occasion giddiness and head-ach.

So great is the sympathy between the head and stomach, that it is difficult to know which is originally affected, although mistakes, on this occasion, might be attended with the most dangerous consequences: For example, should a *blister*

be applied to the head when only affected by sympathy, from a profusion of bile at stomach, or should an *emetic* be administered when the patient is seized with vomiting, from inflammation of the brain : the first would give great pain to no purpose, and the last, by straining the body and overcharging the inflamed vessels of the head might produce *delirium* and *death*.

The method of making a true distinction in such cases, will be, to observe whether the *head* or *stomach* is first affected ; since from thence may best be known the original seat of the disorder.

There is also a manifest consent between the bowels and skin, for where the pores of the last are obstructed, or in plain terms, when the patient has got cold, the perspirable vapor will fall on the internal parts and often occasion diarrhœa or purging, with colic pains. Wet feet will also disturb the bowels, and the stone or gravel produce vomiting and a profusion of bile.

A remarkable degree of sympathy also subsists between the stomach and womb; for women after conception are often visited with sickness or vomiting, and the violence of labour-pains have frequently the same effect.

Being amply supplied with *nerves*, the instruments of all our sensations, such is the extraordinary sensibility of the stomach, especially if disordered or inflamed, that the skin when excoriated by a blister, is not more exquisitely tender: So that harsh, irritating food scarcely affecting the palate, will then produce violent pain and vomiting.

By the same exquisite sensibility it is endowed with elective or instinctive power of chusing and refusing whatever is most grateful to itself or beneficial to the constitution.

There are very few who have not some particular liking, or natural antipathy to

certain kinds of food. Cheese, honey, or other things of the like nature, which are agreeable to some, act with the violence of poisons on others.

Thus like a watchful centinel, the *stomach* gives warning and denies admittance to what would be injurious, and often craves with avidity such things as prove salutary. Hence the extraordinary longings of women with child; and eager thirst for cold water in the height of a burning fever, which being drank, has often terminated the disease and saved the patient's life, after the power of medicine had been tried in vain.

Perhaps it may be objected, that the stomach is not always its own sufficient guide, because it does not discover the insidious and deadly power of some *poisons* till too late: But we might as well complain of dim and defective eyes, because they do not as easily perceive a mote as a house or mountain; or since minute objects

objects are more distinctly seen by the assistance of a microscope than the naked eye.

In short, what *Democrates* says of the *womb*, viz. that it is an animal within an animal, might with more propriety be applied to the *stomach*; so faithful a monitor is that organ, and so truly wonderful its distinguishing faculty, whilst it remains in a natural and undepraved state.

Before we consider the particular disorders of the stomach and bowels, with the most effectual methods of their cure; it will be necessary to describe the properties of the *Saliva* or spittle, as well as those of the *Bile* or gall, two animal fluids which principally contribute to digestion.

The *saliva* is a penetrating soapy liquid, prepared by the glands of the mouth, as the proper solvent which nature employs to soften and macerate our food, the better to assist digestion, as well as to create appetite;

tite; for it has been observed, that those who discharge it too profusely by frequent spitting, have generally little appetite and bad digestion.

After long abstinence from food, or in scorbutic habits, where the blood is vitiated, it is rendered somewhat putrid.

By changing its nature, it becomes extremely hurtful and may be converted into a mortal poison, of which we have the most striking and melancholy instance in the bite of a *mad dog*, where the venom is chiefly lodged in the *saliva*.

The health of *Nuns* and *Monastics* who rigorously enjoin themselves the penance of long fasting, suffers much on that account. They are observed to have an offensive breath, attended with looseness of the teeth, sickness at stomach and giddiness of the head. Those effects manifestly arise from a partial corruption of the animal fluids; and from the same cause the milk of nurses, after long fasting, is rendered

dered yellowish, salt and nauseous to the infant; insomuch that it either refuses to suck, or having taken it into its stomach, is, from thence thrown into purging or convulsions. The urine is also rendered high colored and foetid, sometimes creating a strangury or difficulty of making water.

All those disagreeable symptoms are occasioned by the sharp salts and rancid oils which at other times are carried off by urine; but which being now too long retained, powerfully dispose the animal juices to a state of putrefaction. Animals, therefore, which *die of hunger*, seem rather to perish by a corruption of the blood or change of its quality, than from a diminution of its quantity; for in deep consumptions, where the wasting of body is much greater than in those who die of hunger, the patient sustains life, for many months though apparently exhausted.

From

From what has been said; a circumstance though strange, becomes perfectly consistent and intelligible, viz. why animals will so long survive, even *twenty days* or more, by the use of *water only*; for this fluid refreshes and purifies the blood, by dissolving the sharp salts and corrupted oils, which being conveyed off by urine, the body is from thence preserved.

Hence may be seen the great advantage of taking fluid acescent nourishment often, with a view to preserve it in a state of purity, especially in *scorbutic* or *consumptive* habits, where it evidently tends to putrefaction.

From the irritation of *saliva* on the spongy, nervous lining of the stomach, seems principally to arise that sensation we call *hunger*: When this delicate membrane is shrunk up and destroyed by the immoderate use of spirituous liquors, or the no less pernicious effects of harsh and nauseous medicines;

medicines; loss of appetite will necessarily follow which never can be restored.

Thus it will appear how the appetite may differ, according to the different qualities of the *saliva*, as well as the degree of feeling in the nervous coat of the stomach; why *elixir of vitriol*, or other acids so effectually quicken a languid appetite; and why *oily food* which blunts the acrimony of saliva, and defends, as well as relaxes the stomach, will relieve that excessive hunger or preternatural craving for food, called *canine appetite*.

The wonderful influence of the stomach and bowels, in subduing and changing the property of alimentary substances, still appears more evidently, by observing, that some poisons are divested of their malignant property when taken into the stomach, which applied to the open vessels, in a fresh wound, would suddenly have proved mortal.

The German mountebank, who caused an enraged viper to bite a piece of bread, which

which he eat before the multitude, seems to have been acquainted with this circumstance; for after being apparently taken ill, and mimicking convulsions with other grievous effects of the poison, he had recourse to a dose of his *antidote*, and in consequence of its pretended efficacy, suddenly recovered.

As the *saliva* irritates the stomach, creates appetite and helps to dissolve the food, so *Bile* in the small guts is conducive to the same end, and still further assists in perfecting digestion.

Bile is an animal soap of a yellowish color prepared in the liver, as by a large gland, and serves to mix and incorporate the oily and watery parts of our food, so as to form a smooth emulsion or milky fluid which could not otherwise have been so well effected.

That it possesses a soapy quality is evident by its use among Fullers and Silk Dyers, who employ it with success, in discharging oily spots and stains. It is endowed

dowed with so strong a dissolving power, that curdled milk in the stomach of a calf, called *Runnet*, is from thence rendered fluid } as soon as it passes into the *small guts*; which are supposed by some, to answer the purpose of a second stomach, and to complete what was begun in the first. This saponaceous fluid may be considered as a *natural purgative* which stimulates the bowels and quickens their motion in expelling the faeces or grosser part of our food.

It may be proper to observe, that as want of *saliva* lessens appetite and impairs digestion, so the bad qualities, redundancy or defect of bile, produce various disorders of the stomach and bowels, and render the body *costive* or *laxative*. Where the bile is corrupted and abounds too much, it occasions sickness at *stomach* and vomiting, colic pains and bilious stools.

Whether it offends in quantity or quality, nothing will so much correct it as plentiful dilution and the liberal use of
vegetable

vegetable acids. The patient should abstain from oily, or salt meats of the animal kind, and also from beer or other fermented liquors; rough Cyder, Rhenish wine, or old Hock excepted. Spare vegetable diet, and the plentiful use of pure water, with lemon or orange juice, will afford relief, if regularly pursued for a sufficient time. Lemonade, or imperial water are proper, also ripe fruits, especially those of the acescent kind.

Where the bile is deficient in quantity, too mild and inactive, or so thick as to obstruct its canal, an habitual costiveness will follow; and if those depravities are not removed, gall-stones may at last be formed in the gall-bladder or its duct; from which *Jaundice*, obstruction of the liver, *Dropsey*, or other *chronic disorders* may ensue.

The gall of animals, particularly that of the eel; pills compounded of *soap* and *aloës*; new milk whey, in which the *herb Fumitory* has been infused, and a very small quantity
of

of salt of tartar, with exercise on horse-back, will exalt the qualities of bile, and render it more active.

Having considered the office of the stomach, and qualities of the *saliva* and *bile* subservient to it, as well as the general disorders arising from their depravity; it will next be proper to point out the nature and treatment of those prevailing maladies, *want of appetite and indigestion*; for, whether they are originally seated in the stomach from constitutional weakness, or acquired by intemperance, distress of mind, or other causes; they will be productive of *chronic diseases*, which cannot effectually be taken away, till those complaints in the first passages are previously removed.

The state of the stomach, in a great measure, may be known from the appearance of the tongue: When that is fresh, florid, and moist, the appetite and digestion are generally unimpaired; but,

on the contrary, if it becomes dry, harsh, and discoloured, attended with thirst and a feverish breath; then both the stomach and lungs are somewhat disordered.

As *Want of Appetite* is generally attended with nausea or loathing of food, so *indigestion* is accompanied with oppression at stomach, a disagreeable taste in the mouth partaking of the food, sour eructation or belchings, and heartburn; flushings in the face, and slow fever.

From whatever cause the stomach is deprived of its natural faculty, it may be laid down as a general rule, that abstinence from solid, animal food will afford relief. By such means, the patient will avoid the inconvenience of sleepiness, palpitations of the heart, flushings in the face, with hectic heats, and other symptoms after eating, so distressing to the weak and delicate.

The propriety of spare diet to such women will appear necessary, as they use less exercise and perspire more moderately than men,

men, and also because their solids are more lax; hence their digestion is naturally weaker. But it will not be requisite further to enforce such rules and cautions, as women very seldom fall into errors from over-quantity of diet; they are much more apt to indulge a whimsical appetite for food which is hurtful in quality.

The stomach and bowels being largely supplied with nerves and blood vessels, and endowed with the most exquisite sensibility, are, therefore, liable to many disorders, as well as from the very nature of their office; for, the aliment constantly passing through them, may offend, either by its excess of quantity or bad quality. The first will overstretch their tender fibres and create pain; the last, by its sharpness or malignity, may wound or corrode their nervous lining, and occasion *colic pains, inflammation*, or even *mortification*.

From this nervous fabric of the stomach, it becomes so susceptible that distress

of mind, grief, anxiety, or the slow consuming passion of love, which prey on the spirits, and suspend the nervous power, will not only soon destroy both *appetite* and *digestion*, but also induce universal languor, with sickness and oppression at stomach, succeeded by disorders of the bowels, a *fever* or *melancholy*.

The sudden suppression of menses, bleeding piles, or eruptions repelled from the skin, have also been observed to disturb digestion; and *gouty*, *scorbutic*, or *venereal matter*, falling on the stomach, soon destroy its power, and produce symptoms of great violence which sometimes endanger the patient's life.

Taking cold, especially in the feet, is likewise injurious to the appetite, by throwing a load of perspirable vapor upon the bowels. *Strong vomits*, *purges*, or other violent medicines, also greatly injure these parts; and the immoderate use of *Tea*, or liquors, constantly taken too warm, have
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been found greatly to impair the action of the stomach, by macerating and weakening its fibres.

Habitual costiveness which obstructs the alimentary tube, is likewise an enemy to digestion ; because, when the bowels are overloaded, the stomach from which they proceed will necessarily become oppressed and deficient in its office.

But of all the evils which exert their baneful influence over the *stomach*, none is so pernicious in its consequences as the use of *Drams*, however veiled under the elegant names of *Parfait amour*, *Bouquet de Venus*, &c. Such spirituous compounds, like liquid fire, will harden and contract its fibres, and as it were cauterize and crisp up its tender, nervous lining, at once destroying both feeling and appetite.

For this reason, those addicted to the shameful habit of dram-drinking, are always complaining of a *cold stomach*, which, in fact, is rendered such, by the very means they

preposterously make use of to relieve it, and constantly repeat to the flow, but sure destruction of their constitution.

Besides those bad effects of spirituous liquors, they harden animal food and render it indigestible. By this property, birds and other fleshy substances, are preserved from putrefaction in the cabinets of the curious. From the same heating power they contract the glands, coagulate their juices, and rob the stomach of that natural moisture which is essentially necessary to digestion.

By such means, the mental faculties as well as those of the body, are injured and impaired; for, those who debase themselves by this sordid gratification, are constantly troubled with sickness at stomach and sinking of spirits; a stupor, confusion of ideas, loss of memory, and nervous tremor.

The finer feelings which so much endear women to the opposite sex are thus insensibly weakened and subdued; every moral virtue loses its power; every relative duty
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is neglected or forgotten ; and at last, so great are the inroads of this destructive habit upon the mind, that with it *every vice may enter*.

As scarcely one can be found, who has been reformed of this pernicious custom, how cautiously ought it to be avoided ? I have seen, with the deepest concern, many instances of women, otherwise amiable, who fell *victims* to the slow consuming poison of *Spirituos Liguors*, secretly conveyed to them as cordials ; but such cordials, though pleasing to the taste, in their final effect will be found more bitter than gall ! They will prey on the vitals, and, like the fascinating *Cup of Circe*, transform the human shape.

The stomach and bowels may also be injured by irritation applied to their tender, internal surface, by *Worms*. The effect of violent pressure, as that of *narrow Stays*, or sitting with the body half double, a position which will hinder the circulation,

of blood through its vessels, and by deadening the nervous power produce *costiveness*, want of appetite and indigestion. The prevailing custom of *tight Lacing* is so very pernicious, that it may be proper to enlarge upon its bad consequences.

By strangulating the vessels and interrupting the natural course of their blood, it will occasion an unequal distribution of that fluid ; hence the external parts being deprived of their due quantity, will waste, and being thrown out of their proper direction, by the force of pressure, crookedness and deformity will ensue.

Since the blood, under such circumstances, cannot circulate freely through the interior vessels or on the surface of the body ; the more delicate parts, as the *lungs* and *brain*, will become overloaded with it ; hence, inflammation of the first, and from the last, stupor and head-ach ; tightness and oppression of the stomach and breast, palpitation of the heart, a strong feverish
breath,

breath, cough, ulceration of the lungs, and spitting of blood, ending in *consumption*.

However extraordinary those consequences may appear to some, they must be obvious to those of attentive observation, who consider the violence done to the affected parts, by pressure, and that the natural course of the blood, through its vessels is thereby interrupted and changed.

Vomiting and purging medicines, after anger, are attended with dangerous effects; and eating or drinking immoderately upon violent exercise, or disturbance of mind, are also equally pernicious.

Vomiting arises from an inverted convulsive motion of the stomach, by which its contents are thrown up, instead of passing downwards. *Purging* is produced by some particular irritation of the bowels, which preternaturally increases their expulsive motion downwards. *Nausea* and *vomiting* only differ in degree, for both imply some disagreeable

disagreeable impression on the stomach, which is most violent when the last of these effects is produced.

A warm, moist, or pestilential air, putrid exhalations from animal or vegetable bodies, the fumes of melted lead, and noxious vapors arising from mines or caverns, will also disagreeably affect the stomach and abate its natural energy.

From what has been said, it follows, that such, and so great is the sympathy between the stomach and different parts of the body, that they alternately communicate their sensations to each other. Thus local disorders of that organ, will, at length, produce obstinate *chronic diseases*, in consequence of indigestion, and a crude chyle by which the blood is rendered unfit for nourishment; hence, the *Gout* and *Scurvy*, a *Dropfy* or *Consumption*.

On the contrary, although the stomach was before in a sound state; should the mind be deeply impress'd with grief, or the
internal

internal parts attacked by gouty or other morbid matter, both appetite and digestion immediately cease; pain, sickness and vomiting are brought on, and sometimes dejection of spirits, melancholy, or despair.

Hence may be understood, how *chronic diseases* at first applied to the mind, and acting by sympathy on the vital parts may, in the conclusion, bring on *convulsions*, *bloody flux*, or other acute diseases, of which I have expressly treated in the second volume of this work.*

In short, those who mean to remain free from *chronic diseases*, must avoid the general causes which weaken the digestive power of the stomach, where their first foundation is laid.

If *Digestion* suffers from violence of the passions; nothing will so much divert and call off the mind's attention from the cause of its distress, as chearful company and travelling

* *Practical Observations on the acute Diseases most fatal to Women.*

velling; if from a suppression of menses or bleeding piles; the patient may be treated in the manner directed for those disorders.

When *Irruptions* or breakings out, which nature, for her relief, had thrown on the surface of the body, are from thence repelled and driven back upon the bowels, attended with sickness, and colic pains; the immediate use of the warm bath, and plentiful draughts of mint or sage tea, will assist in promoting a free perspiration. Should the pain continue violent, a gentle laxative mixture with manna may be given, and if necessary, the opiate pill, No. 50, to quiet the bowels, and procure rest.

Should the stomach be affected with *gout*, producing sickness and vomiting; blood may be taken away in proportion to the strength and violence of the symptoms; after which, *tincture of aloes* and *gum guaiacum* may be administered, as at No. 51; the feet should be put into warm water, pimento tea may be taken for common drink,

drink, and if the weather is severe a flannel shift may be worn next the skin; but should difficulty of breathing come on with fever and delirium, blisters should be applied to the inside of the legs and arms.

The inconvenience from *Costiveness*, where the bowels are too weak and inactive, are most effectually remedied by exercise and the *Peruvian bark*, rising more early in the morning, and the use of the cold bath. Where the bile is defective in quantity; equal parts of *aloes* and *soap* may be taken in pills; but on the contrary, if they are tender and irritable, as generally is the case when the patient labours under distress of mind; then an habitual diarrhoea or looseness prevails, which exhausts the patient's strength, and is extremely difficult of cure.

Innumerable almost are the complaints arising from *Worms*, to which women are more subject than men, for the same reason that children are much more troubled with them than either; viz. from a
want

want of sufficient digestive power in the stomach to destroy the texture of those reptiles in their first state; that is, when deposited in the stomach and bowels in form of eggs.

For this reason, *millepedes* or hog lice, coiled up in their coat of mail like a pill, and swallowed alive, have been found in the same state after the patient's death, or were vomited up many days after they had been taken; which shews the absurdity of giving them in such a manner; for as they prey on garbage, they may produce on the human body all the bad effects of worms.

Worms are chiefly of three sorts, namely, *Ascarides* or small white worms, which are generally confined to the *rectum* contiguous to the fundament; the long round worm or *Teres*, which infest the small guts or stomach; and the *Tænia* or tape worm, more dangerous and destructive than all the rest,

The two first forts may be effectually destroyed by *mercury*; the last by *powdered tin*, or the root of *male Fern* reduced into powder and taken as at No. 52; which last is the celebrated remedy of *Madame Nouffer*, which she used in France after the death of her husband for the space of twenty years, with the most extraordinary success.

The great bastard *black bellibore* or *bear's foot*, *Indian pink root*, *cabbage tree bark*, and *cow itch*, are all powerfully destructive to worms, when properly given. But, I believe, it may be said with justice and truth, that in such cases, a medicine administered by Mr. *Evans*, Surgeon, at *Knightbridge*, has incontestibly proved its efficacy superior to the rest.

The general symptoms of *worms*, are, a wan, sickly complexion, itching of the nose, starting in the sleep, and convulsions. The appetite is deficient at one time, and voracious at another, attended with pinchings
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in the bowels, and looseness : swelling of the belly, strong offensive breath, a short, dry cough, and faintings.

Worms, if not totally destroyed, will soon renew their breed. This is best prevented by mixing purgative medicines with those already mentioned, which will deaden their power and carry them out of the body, before they have time to revive.

The most effectual methods to prevent them from generating again, will be to strengthen the stomach and bowels with calybeat bitter wine ; a strong infusion of Peruvian bark ; or by directing the use of *Lime water* to be continued for a considerable time. The patient should also now and then drink a glass of generous wine, such as Madeira or old Hock.

Æthiops mineral, a composition of mercury and flowers of sulphur, is not so efficacious as mercury divided with conserve of roses, or mucilage of gum arabic ; for, in the first preparation, mercury by being
united

united with sulphur, becomes fixed and inactive ; so that if worms are destroyed by this medicine, it seems owing to the sulphur alone. And indeed, the efficacy of Harrowgate water, which is strongly impregnated with sulphur, shews its extraordinary power in such cases

Dead worms in abundance have sometimes been evacuated after malignant fevers ; a proof that great corruption in the juices of the body then prevailed.

The *mucus* or slime, supposed to breed worms, is not the cause but effect of those vermin ; being nothing but the glue of the bowels, immoderately discharged, in consequence of their irritation ; similar to that occasioned by snuff which stimulates the nose to a preternatural discharge ; or to the thick, roapy fluid, voided with urine, from pain by a stone in the bladder ; for, no animal bodies how abject or minute soever, can be produced without

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concurrence

concurrence of fexes. Those grofs humors or putrid fubftances, only afford them a proper *nidus* or hatching place.

'Tis a mortifying circumftance that worms are not confined to the bowels, but fometimes have their refidence in other parts of the body, even in its folid, or flefhy fubftance. I once attended a gentleman, then juft returned from *Guinea*, in whose legs were found fmall worms, upwards of a foot long, refembling a fine white fiddle ftring.

Livid pimples, attended with violent itching, appeared in feveral parts of his legs and thighs, which when broke, this extraordinary worm came forth, and being fecured upon a piece of twifted paper, was gradually rolled up every day, till the whole was extracted.

A cafe of this kind is mentioned by Dr. *Mead* in his medical cautions. He defcribes this worm as an aquatic infect, with a fsharp head and flender body, which works itfelf into the flefh of thofe bathing in the water,

water, and is most commonly found in *Africa* or the *East-Indies*. This worm is also particularly mentioned by *Avicenna*.

Those of a delicate habit, and sedentary, inactive life, are of all others most subject to frequent fits of the *colic*, after eating, agitation of mind, or sudden changes of weather, which indicate bad digestion, great nervous sensibility and a weak, infirm state of the stomach and bowels.

Instead of the frequent use of peppermint water, spirituous liquors or cordial drams, which only afford a momentary relief, but never cure; the patient should be careful not to err in the quantity or quality of her food: She should keep her body laxative, abstain from all fermented liquors, and confine herself to toast and water for common drink.

The stomachic pills, No. 53, may be taken occasionally, and the aromatic plaster, No. 54, may be worn on the *stomach*. *Volatile liniments*, *aromatic bags*, and

such other external applications as invigorate the nerves of this part, have been found of real service.

The stomach is much oftener the seat of *chronic diseases* than has generally been imagined. Agreeable to this opinion, we find, that plaisters with myrrh, camphor, and the warm spices applied to this part, have frequently removed agues and intermittent fevers, as well as some *nervous* and *hysterical disorders*.

But, was it necessary to shew that the qualities of subtile medicines pervade the pores, and sensibly affect the stomach and bowels; we could not have a more convincing proof, than from the application of *aloes* and *bitter apple* to the navel or stomach; which, in this manner, will not only effectually kill worms, but also sometimes occasion violent purging.

Those who are subject to tedious habitual colics, from taking cold in severe weather, will find much relief by wearing a fine *flan-*

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nel shift next the skin, and gauze worsted, under their silk stockings. When those complaints are abated, tincture of *Peruvian bark*, No. 55, with *Bath water* made warm, and moderate exercise in dry, clear air, will bid fairest to prevent a relapse. When pain of the bowels is excessive, arising from wet cloaths, or taking cold in the feet; emollient clysters may be directed, and bottles filled with hot water, wrapt in flannels, may be applied to their soles with great relief to the patient.

Plentiful dilution, with an infusion of elder flowers, or sage tea, will be proper to raise a gentle perspiration. If the pain should continue excessive, and denote danger; an opiate may be given, and blisters applied to the inside of the legs, which, though severe, is yet a safe and effectual remedy, in particular cases of this kind.

I have observed that weak, sedentary people have generally a slender appetite and digestion, attended with oppression of spirits and a train of nervous disorders; on the con-

trary, when the stomach is sound, and bodily strength good, so are appetite and digestion. The circulation of blood is then brisk and free, the spirits lively, and all the natural discharges being regular, no gross humors or unsound juices, will be retained, to injure the constitution.

Those things premised, it is evident, that *whatever remedies increase bodily strength, will most powerfully assist digestion*; and consequently, that cool, dry, pure air, and moderate exercise, are the best of all *stomachics*; They will effectually promote *animal heat and circulation*, which regulate the use of the several *vital parts*.

Few, I believe, will doubt this assertion, who attend to the difference of their spirits and appetite in a frosty, clear day, when they use exercise without doors; compared to what they experience in warm, damp weather, when they indolently sit still within, and breathe a confined air,

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It may therefore, be truly said, that *fresh air* and *moderate exercise* in restoring lost Appetite, and promoting animal Digestion, are superior to every thing else; for although *Peruvian bark*, *steel*, *bitters*, and the *cold bath* are all most excellent remedies; their efficacy will be greatly increased, and their effects rendered much more permanent, by the assistance of those natural benefits.

In a word, such is the potent aid of nature, that she disclaims all superficial and inadequate helps, and seldom wants more than the vigorous exertion of her own endeavours, joined with *mild and simple medicines*, to remove such *Chronic Diseases* as proceed from a fault of the stomach and bowels.

SECTION X.

Of Nervous Disorders, Hysterical Affections, Low Spirits and Melancholy; their Treatment and Cure.

THE word *Nervous* has been so vaguely and indiscriminately applied, that it is necessary to ascertain the complaints truly such, and to distinguish them from others improperly so called.

Those disorders may be deemed nervous, where, from an *original* fault, or *infirm texture* of the nerves they become disagreeably affected by such slender causes, as would not produce the like sensations in others, whose nerves were in a natural state.

Instead of regarding this simple distinction, almost every disorder accompanied with weak nerves has improperly been called *nervous*: But in this general and indefinite sense, all diseases may be called so; for the
nerves

nerves being the only susceptible parts of animal bodies, and every where interwoven with all their solid parts, must suffer in proportion as they are injured by disease or external violence.

Such complaints being only symptoms or consequences of preceding diseases, cannot with propriety be called *nervous*, any more than a person may be said to be deeply consumptive, after a severe fit of illness which had reduced him to skin and bones.

Before we proceed further, it will be necessary to explain in a simple manner, the nature of those bodily powers which constitute the very *principles of life*.

The human body is sustained and kept alive by three principal powers, which like the movements of a clock or watch, co-operate and mutually assist each other; The first is the *Brain* and *nervous system* proceeding from it, the great source of all sensation; the second is the *Heart*, with its *arteries* or blood vessels; and the third is
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the *stomach* and *bowels* which prepare aliment for the body's nourishment.

In speaking of *digestion*, it was remarked, that the stomach loses its power when deprived of *nervous influence* ; and we must here take notice, that the regularity and vigor of the heart's motion chiefly depend on the same cause.

As therefore the *brain and nerves*, the *heart and arteries*, with the *stomach and bowels*, are the principal instruments of all sensation, circulation, nutrition, life and motion, and the very agents which govern and direct the whole animal machine ; it will necessarily follow, that when any of them becomes disconcerted and put out of order, the vital functions of the body must then be unduly performed.

“ Where one link's broken, the whole chain's destroy'd.”

Such is the extraordinary sympathy and intercourse between those several organs, that like so many little provinces, allied by mutual

tual interest, not one of them can exercise its full power without the concurrence of the rest; for as the heart and stomach cannot act without the assistance of the brain, or the stomach digest without receiving a due quantity of blood from the heart; so neither can the heart have sufficient force to keep up the circulation without continual supplies from the stomach; or even the brain itself exert its influence over those organs without being duly nourished by both,

But besides those parts, as well as the *action of the lungs*, there is a more latent principle of life, called *Irritability*, which does not depend upon either of the former powers, since it continues to exist in the body, after all *sensibility* and *circulation* are lost, and every vital principle, but itself, totally extinguished and destroyed.

By *Irritability* is meant that property of the animal fibre, which, on being pricked or stimulated, has a power to contract and shorten

shorten, although the animal is dead ; for the Heart, which is the most irritable part, may be excited into motion even after the head has been cut off ; hence we may conclude that Irritability is not only independent of *sensibility* and *circulation*, but even of the soul itself, being found to exist after the brain, the seat of that *spiritual something*, has been destroyed or taken away.

As therefore Irritability is a property residing in the animal fibre, from the peculiar structure and nature of its parts, and as it is the latest in taking leave of the body ; so with equal reason it may be supposed that 'tis the *first vital principle* which gives commencement to animal life.

It seems not a little surprizing that so extraordinary a property, essential to animals and some vegetables, as appears by the *Sensitive Plant*, should so long have remained unattended to by physiologists and philosophers, even when obvious to vulgar eyes ; for butchers and others have long observed
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the *trembling or palpitation* of flesh in slaughtered animals, when stimulated or gently touched. Dr. *Gliffen* was the first who used the word *Irritability*; but we are indebted to the celebrated *Baron Haller* for pointing out the essential difference between it and *Sensibility*, with which it had so often been confounded.

The inferences arising from this important discovery, so far as they are conducive to explain the nature of *nervous or hysterical disorders*, or throw additional light on their cure, I shall here lay before the Reader with more pleasure, as the subject is both *new* and *instructive*.

Experiments shew that the degree of *Irritability* is in proportion to the firmness and consistence of that *mucus* or glue of which the whole bodily system is originally made up: Whatever therefore hardens this animal jelly, as cold, exercise, acids, and the like, diminish *Irritability*; and on the contrary, the dissolving power of heat and moisture

moisture are found to increase it. Age, which also strengthens the fibres, relieves some diseases more effectually than medicines; as flushing in the face, nervous tremors, hysteric or epileptic fits, and scrophulous complaints about the time of maturity.

I have observed that those of lax solids, and delicate, hysterical habits, are thrown into a flurry of spirits from the most trifling causes; and that such impressions made on the female sex are often followed by pain in the bowels, a diarrhœa or fever: In some cases they occasion obstruction of the menses, in others, their excessive discharge, and sometimes a flooding in those who are pregnant.

The immediate cause of such effects have been attributed to an explosion or inordinate motion of the *animal spirits*. What are those *animal spirits*, or whoever saw them? 'Tis very unfair thus to adopt words without meaning, or only denoting things which probably have no existence.

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Such Disorders seem to arise from *too much Irritability* joined to *excess of nervous feeling*, which generally prevails at the same time; and, like the former, proceeds from want of sufficient firmness in that animal glue or cement which *constitutes the nervous coats*, as well as every part of the body.

Agreeable to this observation, we know that long continued illness, profuse evacuations, or whatever diminishes bodily strength, produce a præternatural degree of *Irritability* and *Sensibility*, tho' they are distinct qualities, and identically different from each other.

As old age approaches, the *mucus* or animal glue at last becomes so firm as to lose its former Irritability; hence, want of motion or paralytic numbness in the body succeeds, and at last, death itself

This circumstance is sufficiently confirmed by observing how the muscular fibres which were very irritable in infancy, gradually

ally become less so, as they are rendered more compact and tendinous from the effect of age. It also shews why those who have weak *stamina* in youth, grow stronger as they advance in years ; likewise why they do not so suddenly become old as those of stronger habits, and why they are less subject to *acute diseases* arising from a firmer state of the fleshy fibres.

Upon the vast degree of *Irritability* with which the skin and bowels are particularly endowed, we are able to account for the surprising success observed of late in *restoring drowned people to life*, by rubbing the surface of the body with *salt*, and injecting the sinuak of *tobacco* by way of clyster : From the acrid quality of such applications, and their effect on those irritable parts, the several vital organs are brought into consent, and rekindle the latent sparks of life.

On this principle only, we may comprehend, what before seemed mysterious beyond the possibility of finding out ; namely,
how

how such applications should act on the body when stiff with cold, and void of feeling.

We have already remarked that the *organs of motion* differ from those of *sensation*, and that the first are susceptible on the mere principle of *Irritability*; consequently, we may conclude, that when people apparently dead are restored to life, by the means already mentioned, the applications then used *can only act on the irritable parts*; for the nerves, which before were sensible, are now *destitute of all feeling*.

Here, I must beg leave to remark, that this circumstance fully confirms an opinion which I formerly took the liberty to advance as *new**, viz. *That Irritability is the first vital principle which gives commencement to animal life*; accordingly, we find that in such cases, as soon as the irritable fibres of the skin and alimentary tube are stimulated into motion by acrid applications, and act like a main

Q spring ;

* *Lecture introductory to Midwifery, 3d edition, page 9.*

spring; the wheels of life are again turned round, and the body begins to revive.

Having considered the property called *Irritability*, it will next be requisite to speak of *Sensibility*; and the better to comprehend the true nature of *Nervous Disorders*, also to shew what the nerves are, from whence they proceed, and what is their particular office in the animal system.

Every *Nerve* may be considered as a cylindrical cord, made up of two distinct substances, viz. of a medullary part, or *marrow*, and a fine *membranous covering*, both which are derived from the *Brain*.

By experiments made on the nerves of brute animals, it appears that all their feeling resides in the medullary part; and that the membrane with which they are invested, is void of sensation, only serving as a defence or covering to preserve the delicate substance of the first from the violence of too strong external impressions.

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AND HYSTERIC AFFECTIONS. 235

These slender nervous cords are so distributed and uniformly diffused through the body, that the point of a needle cannot be applied to any part of its surface without wounding some of them. In the skin they are spun out to such exquisite fineness as to become invisible to the naked eye, and therefore only manifest their existence by their sensibility.

Although it will hereafter evidently appear, that the *Nerves* are the immediate organs of all vital motion and sensation, and the medium by which impressions made on the body are instantly conveyed to the mind; yet the precise manner by which this mysterious intercourse is carried on, remains a secret in nature, with which, perhaps, we shall never be acquainted.

Those things premised, it will follow, that so long as the medullary part of the nerves is constitutionally good, and their fine membranous covering sufficiently compact, they will continue in a sound state; but

on the contrary, when the last loses its natural firmness, the *marrow* or sensitive part of the nerves being as it were thinly cloathed and exposed, will feel too much impressions made on the body or mind.

Hence, such causes as would not create pain when the nerves were in a natural state, cannot be endured without symptoms of great violence; namely, palpitation of the heart, choaking in the throat, nervous trembling, and faintings.

This delicacy of texture in the coats of the nerves is by far the most obvious and general cause of such nervous disorders as arise from simple weakness; which the son derives from the father, and communicates to his offspring as naturally as his features or complexion.

Nervous Disorders may therefore arise from constitutional or hereditary weakness, or be acquired by whatever impairs the natural strength, as tedious diseases, *redun-*
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dant menses or *profuse fluor albus*, *intemperance* and *irregularity of the passions*. An idolent inactive life, and continual residence in low situations, where the air is warm and moist, will also powerfully dispose the constitution to such maladies.

So intimately connected are the body and mind, and such their correspondence, that impressions made on one mutually influence the other, with like feelings: Thus by *immoderate grief*, the digestive faculty of the stomach is impaired; and by a blow on the head which injures the brain, the soul is as it were dethroned, and losing its empire over the body, all sense and motion are instantly destroyed.

The mind or intellect, whilst confined to the body, “*that muddy vesture of decay*”, is obliged to stoop to the condition of the nerves, which are liable to alteration and depravity of feeling from a thousand accidental, and unavoidable causes. Those, as well as many other circumstances, con-

cur to prove that the faculties of the mind chiefly depend on the bodily organs with which they co-operate, and where those are changed from their natural state, so are the mental feelings.

The stomach is often so much changed by age, that things grateful to it in the infant state, become disagreeable in more advanced life. Upon the same principle, the depraved appetite, or *preternatural longings* of women with child can only be accounted for : In pregnancy, a new system of vessels are formed, and a new circulation set on foot for nourishing the child ; in consequence of this mechanical change, the *nervous feeling is altered*, which sometimes directs the appetite to things even disagreeable to it before.

How different is the disposition of body and mind when the vessels are empty or full, viz. after long fasting, or a plentiful meal ? In the first, the pulse is weak and unequal, the complexion pale, the body languid,

languid, and the spirits desponding; but after eating and the use of wine, the springs of life are wound up, and the body and mind are restored to their native vigor.

The natural temper and genius of a people are most evident when they are left to act without restraint. A *Masquerade* will exemplify what I mean to suggest.—How great and evident is the change in the Voluntaries of pleasure, before and after the midnight repast? He who, at first, with the gravity of a *Spaniard*, and phlegm of a *Dutchman*, silently wandered about like a Ghost waiting to be spoken to, is now suddenly transformed; the influence of beauty, and subtile spirit of Champaign, like the *orient liquor* of *Comus*, begin to animate the constitution. His spirits expand, his tongue is untied, he becomes nimble as *Mercury*, and more loquacious than a *Frenchman*.

Was it necessary farther to prove the sympathy between body and mind, and shew that every alteration of one produces

correspondent feelings in the other ; it might be illustrated and confirmed by sensations peculiar to that change of constitution at the age of puberty, which influence the sexes in favor of each other, even to infatuation and madness.

All *sympathy* as well as motion entirely depend on the sensibility of the nerves ; but although they communicate motion to other parts, they are not at all irritable, and consequently destitute of motion themselves ; a circumstance truly unaccountable.

The consent between the Brain and Heart is remarkable ; for study or intense thinking quicken the pulse, and sudden fright will occasion palpitations or a convulsive struggle of the heart, even sometimes to mortal suffocation. In both these cases, the first impression is made on the brain, and the heart, like a faithful companion, suffers by sympathy ; but whether the Nerves act as *tubes or vibrating cords*, or
serve

serve as conductors to some subtle fluid, similar to that of *electric fire*, we are wholly ignorant ; it is therefore not a little absurd, in people, to talk of *nervous fluid*, or animal spirits, with as much familiarity and confidence as if they had seen them put into a bottle.

Nervous influence, like attraction in the *load-stone*, or Irritability in the *sensitive plant*, may be considered as a property resulting from matter according to the peculiar modification of its parts, in itself utterly inexplicable, and of which we can know nothing but from its effects.

As the blood-vessels proceed from the Heart, which is the instrument of circulation ; so the Nerves, as already observed, are derived from the Brain, the great source of all Sensation. We know by feeling the pulse, that the action of the Heart gives motion to the blood ; and it is no less evident, that the influence of the Brain governs and directs all perceptions of body
and

and mind. Impressions for example, made upon the last by excessive grief, or sudden terror, produce symptoms of great violence, or even death itself. Cold air admitted to the naked nerve of a decayed tooth, will feelingly persuade us, that the body as well as mind may suffer by the mediation of the nerves.

The Brain seems therefore to the nerves, what the Heart is to the blood-vessels ; for too violent a degree of action in the last, will increase circulation and produce heat, as may be observed after violent exercise. In like manner, when the power of the Brain and nerves is violently impressed on the body or mind, their sensations will be rendered too quick and exquisite, like the motion of a watch, which becomes rapid and irregular when the main spring acts too strongly upon its subordinate movements.

Impressions made on the mind will often totally subdue those of the body ;
and

and on the contrary, such as are made on the body, will remove those of the mind: all which may supply an intelligent observer with useful hints in the cure of such nervous diseases as have been unsuccessfully treated by medicines.

Habitual *convulsions*, for instance, have sometimes been cured by the unexpected explosion of a gun, or the sudden outcry of fire in the dead of night; the *hiccough* may be stopped by sudden surprize, and the approach of an *ague fit* has been prevented by the same cause.

But the most extraordinary case, which perhaps was ever produced to shew the *wonderful influence of the mind over the body*, as well as the power of sympathy, is related by *Kaagu Boerhaave* to the following purpose,

A girl at *Harlem* in Holland, on being frightened, fell into strong convulsions, and to the astonishment of the physicians there, those who crowded in to her assistance,

were

were immediately affected in the same manner. As the most powerful medicines were prescribed without any sort of relief; at last, the celebrated *Boerhaave* being sent for, determined to try the force of fear upon the imagination; accordingly he ordered a *formidable apparatus* of furnaces with burning coals, and hooks of iron, to be placed before those who had been thus affected. He told them that since medicines had failed, there was no other remedy but that of burning the arm of the first person affected with a *red hot iron* down to the bone. In consequence of this they were struck with exceeding *terror*, and so resisted with all their might the approach of the convulsive fit, that not one of them was seized with it afterwards.

It may be equally proper to mention another particular case of a contrary nature to shew the *power of the body on the mind*. Dr. *Robinson*, in speaking of hypochondriacal melancholy,

melancholy, expresses himself in the following words.

A very worthy gentleman, on whose fidelity I may safely rely, assured me, that he knew a person who for several years had been melancholy mad, and who, in one of his frantic fits, flung himself out of a window three story high, but accidentally pitching upon a *draw well*, he fell directly down into the water ; and being taken up, was perfectly restored to the use of his senses. It was computed that he fell near thirty fathom before he came to the surface of the water.

As we have seen that different passions, sensations, and appetites, at different periods of life, can only be accounted for from alteration of constitution which *changes the nervous feeling*, so it will appear less surprising, that even diseases themselves, especially those of the *Brain and Nerves*, should sometimes be cured by the same cause ; in consequence of age, or such immediate accidental

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cidental impressions as those extraordinary ones already related.

In proportion as the solids of the body are more firm and strong, or lax and weak, the nerves, which are intimately interwoven with all its parts, will participate of the general habit, and become more or less endowed with sensibility.

For this reason, weakly women and children, in whom the membranous covering of the nerves is too soft, thin and delicate, are susceptible of slender impressions, from pain, or sudden fear ; so as to produce paleness of the face, palpitation of the heart, convulsions, or other violent symptoms : On the contrary, robust men and old people, whose nerves, in common with other parts, are hardened by the effects of age, become much less subject to those excessive emotions.

Tender bodies, such as the first, may be said to be “*tremblingly alive all o’er*,” and like wax, to receive too deep an impression.

Women,

Women, therefore compared to men, are much more subject to nervous disorders, both from their natural delicacy of frame, and a more recluse manner of living, which deprives them of the benefits of exercise, and fresh air.

Nervous disorders, thus arising from simple weakness, are always attended with a preternatural degree of *Feeling* and *Irritability*, and can only be cured by such means as *give more strength and firmness to the whole bodily system.*

The progress of age which gradually imparts strength to the nervous threads interwoven with every part of the body will therefore greatly assist in the cure of *nervous* and *hysterical* complaints arising from weakness.

Hence it may reasonably be concluded, that moderate *exercise* in dry, pure air; the liberal use of *Peruvian bark*, with the iron waters of *Spa*, *Tunbridge* or *Islington*, and also the *cold bath*, are the principal remedies

dies to be depended upon in this species of nervous disorders, as they are all known to strengthen the body; and on the contrary, that *bleeding, vomits, strong purgatives*, the immoderate use of tea, or a sedentary life in warm, moist air, will be highly pernicious.

Old Hock and Rhenish wine, or fine *London Porter*, deservedly called English Burgundy, drank in moderate quantities, will be found of service in such cases, as experience has repeatedly informed me.

In nervous, or hystERIC complaints, attended with head-ach, thirst, and feverish heats, the calybeate waters and bitters are less proper; on the contrary, a strong infusion of Peruvian bark with nitre or sweet elixir of vitriol, may be taken twice a-day.

The heating gums, as assafoetida, sagapenum, &c. or musk, castor, and the like, are most proper when the pulse is low and the patient free from thirst and fever; but in fact, such vegetable or animal substances do

not

not act by strengthening, but only irritating the bodily system from their subtle effluvia, and therefore may be looked upon as so many *dry drams*, which seldom produce a salutary and lasting effect.

The nerves, like other parts of the body, are nourished by blood-vessels, and consequently liable to inflammation, which will increase their sensibility, and may occasion pain, delirium, or madness : This circumstance is more fully exemplified by inflammation of the eye, or ear, which will so increase their nervous feeling, that light and sound, before producing their natural effect on those organs, without pain, will now become intolerable.

On the other hand, when the nerves are rendered too firm, and insufficiently supplied with blood, as in extreme old age, their sensations are deadened and impaired ; the stomach will lose its natural power, and the bowels their expulsive force ; hence indigestion and habitual costiveness ; a pa-

R

ralytic

alytic numbness of the limbs will follow, the sight and memory begin to fail, and all the passions are in a manner extinguished.

“ last scene of all,
 “ That ends this strange eventful history,
 “ Is second childishness, and mere oblivion.”

SHAKESPEARE.

The first of those nervous maladies being inflammatory, may be relieved by bleeding, gentle evacuations and spare diet: The last, without the magic power of *Medea*, is in its own nature incurable.

Besides those general causes of nervous disorders arising from simple weakness; there are others of a more violent and particular kind, proceeding from *diseased humors* in the blood; for instance, *breakings out on the skin* suddenly driven back, and the over-hasty closure of issues or old sores have been succeeded by nervous symptoms, which ceased as soon as those discharges were again restored.

The like disorders have been known to follow *gouty complaints* which suddenly went off

off without any regular fit, but on the return of the gouty humors to the hands or feet, the symptoms were immediately relieved. An *obstruction of menses*, or sudden stoppage of bleeding piles, have often had the like effect; also a *venereal taint*, *scorbutic humors*, or those arising from *scrophula* or king's evil. This particular class of nervous disorders is frequently attended with very dangerous symptoms, in consequence of injury done to the Brain by such *offending humors*; hence *hysteric* and *epileptic fits*, *low spirits* and *melancholy*; which can only be effectually removed, by taking away the original morbid cause.

In such cases, the nerves themselves are not in fault, but suffer in consequence of those latent diseases, which must be *cured according to their own peculiar nature*; for as long as their dregs remain in the blood, and poison that vital source from which all parts of the body are nourished and supplied, so long must the nervous system continue weak and infirm.

We next proceed to the cause and cure of *Hysteric Affections, Low Spirits, and Melancholy.*

The *Hysteric Passion* has been supposed to arise from some particular morbid cause impressed upon the *womb*, which by nervous sympathy, is quickly transferred from one part of the body, to another, and wherever it fixes, resembles diseases peculiar to such parts, creating *colic* in the bowels, *asthma* in the lungs, *giddiness* in the head, and *suffocation* in the throat.

But although this was the general opinion of the ancients, and which many of the moderns have taken upon trust; no opinion can be more exceptionable and improperly grounded. I have repeatedly had occasion to observe, that various impressions on the body and mind will occasion *hysterics*, independent of any affection of the womb itself.

The stomach is more amply supplied with nerves than the womb, and therefore, more susceptible;

susceptible ; hence, in very irritable and delicate habits, it often becomes the seat of hysteric affections, from errors in diet, where the aliment offends in quantity or quality.

Violent passions of the mind, as anger, or extreme jealousy, will often produce the same effect ; and here it may again be remarked, that the impression is made on the nervous system in general, and not on those of the womb in particular.

However, as *Hysterics* have been observed to follow obstructed menses, it may be allowed, that they sometimes proceed from a local affection of the womb.

Hysterical and hypochondriac affections are of the same nature, for both proceed from weakness and too much sensibility of the nervous system : The symptoms are only diversified by the difference of sex ; in women, therefore, this malady is called *hysteric passion* ; in men, *hypochondriac melancholy*.

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The excess of sensibility in hysteric women, is incontestibly proved by the effect of *musk*, or other powerful odors, suddenly producing fits, independent of any other cause, and going into a *bath too hot* has also been attended with the same consequence.

No disease appears more various and changeable than this; but although 'tis often very alarming, it seldom proves mortal. The manner of its attack and disappearance is sometimes so sudden, that the patient apparently at the point of death one day, seems almost in perfect health the next. However, when neglected, it is apt to degenerate into obstinate *Chronic Diseases*, as faintings, low spirits and melancholy.

Those of *hysteric habits* have always weak nerves, they are subject to obstructed perspiration, bad digestion, and wind at stomach. The symptoms are very different in different constitutions; generally, a strangulation is perceived in the throat,

as if a ball was rising up, and therefore called *Globus Hystericus*, erroneously supposed to proceed from an ascent of the womb. Difficulty of breathing, pale urine, faintings, and profound sleep may also be looked upon as genuine symptoms of this disease.

Sometimes the head or temples are affected with acute pain, as if a nail was driven into the part, attended with dimness of sight, and involuntary effusion of tears. At other times the patient is seized with convulsions, or sudden laughter without apparent cause, and talks inconsistently, like one delirious.

The *Hysteric Fit* generally commences with universal languor and pain in the loins, attended with sense of coldness and nervous trembling; the heart palpitates, the pulse becomes unequal and obscure; The extremities grow cold, a choaking is perceived in the throat; the face is pale, breathing difficult, and the voice is lost. Instances have been known, though rare, where

where the patient remained for a day or two as if in a *trance* or dead *sleep*, without apparent sense or motion.

As the fit goes off, the pulse gradually becomes stronger, and the countenance resumes its native color. A vast quantity of wind is discharged from the stomach, and at last, with deep sighings, and a face bedewed with sweat, as if awaking out of profound sleep, she is restored to speech, sense and motion, but complains of soreness over her body and limbs, as if she had been bruised.

During the fit, the attendants, instead of crowding in upon the patient, ought to be kept at a distance, that the fresh air may have immediate access to her lungs, otherwise they cannot be blown up; and the heart being overpowered will now want sufficient force to drive the blood through its vessels, consequently a *syncope* or mortal fainting may ensue.

The common custom of pulling open the contracted fingers with violence may overstrain

strain or tear asunder their tendons; and that of half suffocating her with the smoak of burnt feathers or tape is equally absurd. All that can be done with propriety, during the fit, is to lay her gently on a bed or couch, to keep her head moderately raised, and to guard her from such injuries as might happen by the violence of struggling.

Before we proceed farther, it is necessary to observe, that the *Hysteric Passion*, however distinguished by different names is, in many respects a *true Nervous Affection* of the more severe or acute kind, and that it is to be relieved or cured by the *regimen* and *medical treatment*, proper in such disorders.

A like delicacy of constitution, and the same general causes, equally dispose women to *Hysterics* and nervous disorders; which perhaps may be the reason why that ornament of *Physic* and *Philosophy*, the celebrated *Boerhaave*, has not thought fit to treat of the *Hysteric Passion* as a separate disorder.

What

What occasions hysteric complaints in one, may produce *asthma, convulsions, rheumatism, or diseases of the skin* in another, according as the offending cause is disposed to fall upon particular organs of the body.

In plethoric habits, where the fibres are strong, the pulse hard and full, and the symptoms violent, bleeding is proper; but on the contrary, if the patient is languid, and inclined to faintings, it would be improper and highly dangerous.

If the head is affected with pain, the feet should be put into warm water, and the temples bathed with vinegar, which may also be snuffed up the nose. The violent palpitation of the heart and internal flutter, may be relieved by clysters of vinegar and water, or a spoonful of lemon juice taken twice a-day, especially in full habits of body, attended with thirst and fever.

Moderate exercise of all kinds, particularly riding on horseback, or swinging, if the patient

tient is weak, have been found sovereign remedies, which may be greatly assisted by the use of *Peruvian bark*, the *calybeate waters*, and *cold bath*.

In short, frequent experience and attentive observation have convinced me, that whoever intends to relieve or effectually cure *Nervous or Hysterical Disorders*, must do it by means which uniformly and permanently act on the general habit of body; and not by directing a new medicine for every new symptom, which at best, can only produce a momentary relief, but will never produce such a change of constitution as to end in a lasting cure.

Melancholy is a species of insanity, or delirium without fever, creating in the mind ideas which either arise from false perception of external objects, or some internal impulse on the brain independent of all outward impressions whatever.

This disease unfortunately renders the patient unfit for the social enjoyments of life:

It

It is either *original* or *acquired*, and if of long continuance, often degenerates into madness.

To avoid useless distinctions ; under the general name of *Melancholy* may be comprehended those maladies termed *Vapors*, *Low Spirits*, and even *Lunacy* itself, being all so many branches from the same root, and only differing in degrees of violence.

Original or hereditary Melancholy is inherent in the constitution and intimately combined with the very principles of life. This particular species of disease may be distinguished, by suddenly shewing itself, without any apparent cause ; and as it results from some fault in the structure of the brain or nerves, is absolutely incurable, though it does not seem to shorten the duration of life.

The seeds of this disease, like those of *Gout* or *King's Evil* are diffused through the blood, and enter into the very composition of the animal frame ; for although, on examination

mination after death, there should be no perceivable fault in its organs; yet as every effect implies a preceding cause, it may rationally be concluded, that the first stamp of their existence was diseased, and will therefore, one time or other produce corresponding morbid feelings in the mind.

By simply viewing the stamina of vegetables, we know what kind of fruit or flower they will produce; so in like manner the *efficient cause* of diseases often lie concealed and inactive till excited into motion by accidental means.

However extraordinary the circumstance may appear, it is probable the seeds of diseases in animal bodies, are as distinct as those of vegetables; for each produces a species peculiar to itself.

The matter of the *small pox* applied by Inoculation, will not produce *measles*, but an eruption of the suppurative kind; and the poison of a mad dog, invariably affects the throat, brings on difficulty of swallowing,

ing, and *dread of water* ; but how different diseases thus uniformly fall on particular parts and occasion the same symptoms, is beyond the extent of medical knowledge or human comprehension to determine.

Acquired or adventitious melancholy does not, like the former species, arise from a diseased state of the brain or nerves, but from some violence applied in a greater degree than their tender texture can bear, without impairing their functions and destroying that natural correspondence which ought to exist between external objects and the ideas arising from them.

Among the principal of such causes is *a translation of diseased humors to those organs*, the effect of poisons, spirituous liquors, or influence of the moon : Also the excess of anger, joy, and sorrow ; or the insidious power of love and jealousy.

Religious doubts which perplex the mind with alternate hopes and fears, a sedentary
life,

life, *mercury* taken in excess, or warm, damp air, all dispose the constitution to *Melancholy*, by weakening the nervous power.

Those are the *general causes* of low spirits, and acquired melancholy, which always operate most powerfully on people of nice sensations, whose *pleasures and pains* from over-delicacy of the nervous system, are too exquisite for sense ; but the precise manner in which they produce their effects, or why such causes do not always produce similar consequences, in such a particular state of the nerves, is utterly unknown.

“ Where joy most revels, grief doth most lament;

“ Grief joys, joy grieves, on slender accident.”

SHAKESPEARE.

Those, on the contrary, of more clumsy organs, who are possessed of little more than *vegetable feeling*, never experience the misery of nervous disorders ; so that if they have less pleasure, the account is balanced by their enduring less pain.

Hence it appears, that from vapors or pleasing melancholy, to the extremes of
lunacy

lunacy and *raging madness*, their immediate causes can only be two, viz. the first, internal, from a *fault of the Brain or Nerves*, the second external, from *adventitious causes* so violently applied, as to disturb or prevent their natural functions.

We have already observed, that the body and mind receive all their information by means of the *Brain and Nerves*, and that by those they mutually converse and sympathize with each other; hence it will follow, that whenever those organs are injured, and like unfaithful messengers do not truly execute their office, and represent things as they are; the patient will then be imposed upon by *delusive perception*, and figure to herself things which have no existence but in her own distempered brain.

Impressions from the same objects affect the body differently at different times, according to the nature and degree of its *nervous power*; thus when it is diminished, the efforts of the body languish, and things attempted

attempted to be lifted seem heavier than before ; if a slow fever prevails they are perceiv'd uncommonly cold to the touch ; in a word, whatever presents to the eye and ear, the taste or smell, will differently affect those senses as they more or less recede from their natural state.

Objects thus felt through a *false medium* will be as imperfectly perceived by the mind, as those reflected from a false mirror glass, which assume shapes and magnitude not existing in such bodies.

That *Melancholy* and madness arise from *perversion of nervous feeling*, becomes still more evident, by observing that where the nerves distributed to different senses are injured, their faculties are immediately altered and impaired.

Those who are subject to this lamentable malady, perceive a sinking at stomach, are timorous and fond of solitude ; they are suspicious and inquisitive, alarmed at

mere trifles, and entertain the most inconsistent and extravagant notions; ever apprehensive that some dreadful calamity is near.

Trallianus speaks of a woman who fancied she sustained the globe of the world on the tip of her finger, and therefore continually kept it upright for fear it should fall. I once attended a lady, now in perfect health, who from the mere force of imagination and delusive perception, persuaded herself she saw the spire of a neighbouring steeple bend down to its basis, and raise itself again.

Such as are thus affected with depraved feeling, may be said to labour under an *incubus* of the brain: At one time they think themselves dead, at another flying through the air; now taller than a *Colossus*, and then suddenly dwindled into the stature of pigmies. Some converse with angels or demi-gods, and others talk with spectres, and hydra-headed monsters.

They

They suppose that every one looks on them with malignant eyes, and puts the worst construction on all they say and do ; in short, though they are industrious to torment themselves, by means which appear ludicrous, they experience *substantial misery*, and are sometimes driven to desperation or *suicide* ; so that in the whole catalogue of earthly evils, human nature cannot present an object more truly pitiable !

What then shall be said of those, who either from ambition or the view of gain, stifle the feelings of honor and humanity, and sordidly submit to form alliances which *entail hereditary miseries on their posterity*, more grievous than death itself ? and who, instead of remembering the authors of their being, with filial affection, must behold them with indignation and sorrow !

Retirement and bodily ease are destructive to the melancholy ; for whilst they sit unemployed, they become a prey to their own thoughts. On the contrary, *exercise*

and *severity of diet* are beneficial ; for no one can think or study with the same attention, when impressed with the disagreeable sensation of hunger, or tormented with a raging tooth, as when he is perfectly at ease.

Violent agitation of body will always interrupt attention of mind : To deny this would be as absurd as to assert that a person could deeply meditate with the same deliberation, when carried swiftly through the air by a head-strong horse, at the peril of his life, as when retired in safety, and reclined at ease on a bed of down.

Should therefore the poet attempt to draw a striking image of Melancholy, he would, like the judicious *Beaumont* and *Fletcher*, represent her amidst Bats and Owls, in the depth of solitude and gloom.

“ Hence all you vain delights,

“ As short as are the nights,

“ Wherein you spend your folly ;

“ There’s nought in this life sweet,

“ If men were wise to see’t,

“ But only melancholy :

“ Oh,

- “ Oh, sweetest melancholy !
- “ Welcome folded arms, and fixed eyes,
- “ A sigh that piercing, mortifies,
- “ A look that’s fastened to the ground,
- “ A tongue tied up without a sound.
- “ Fountain heads and pathless groves,
- “ Places which pale passion loves ;
- “ Moon light walks, when all the fowls
- “ Are warmly hous’d, save bats and owls ;
- “ A midnight bell, a parting groan,
- “ These are the sounds we feed upon !”

Milton, whose sublime genius never stooped to borrow ideas, but to improve and refine them, seems to have had this beautiful passage in view at the opening of his *Il Penseroso*.

- “ Hence vain deluding joys,
- “ The brood of folly, without father bred,
- “ How little you bested,
- “ Or fill the fixed mind with all your toys ;—
- “ But hail thou Goddess, sage and holy,
- “ Hail divinest melancholy,
- “ Whose faintly visage is too bright
- “ To hit the sense of human sight.
- “ Come pensive Nun, devote and pure,
- “ Sober, steadfast, and demure ;
- “ All in a robe of darkest grain,
- “ Flowing with majestic train,

- “ And sable stole of *Cyprus* lawn.
 “ O’er thy decent shoulders drawn.
 “ Come, but keep thy wonted state,
 “ With even step and musing gait,
 “ And looks commencing with the skies,
 “ Thy rapt soul sitting in thy eyes,
 “ There held in holy passion still,
 “ Forget thyself to marble, till
 “ With a sad, leaden downward cast,
 “ Thou fix them on the earth as fast.

That great master of Allegorical Fiction, *Spencer*, advancing still farther in the sequestered regions of melancholy, at last leads us to the dreary mansion of *Despair*, in the following lines, which standing unrival’d as awfully descriptive, are here presented to the Reader.

- “ Ere long they come, where that same wicked wight
 “ His dwelling has, low in an hollow cave,
 “ Far underneath a craggy cliff ypight,
 “ Dark, doleful, dreary, like a greedy grave,
 “ That still for carrion carcases doth crave ;
 “ On top whereof ay dwelt the gasty owl
 “ Shrieking his baleful note, which ever drave
 “ Far from that haunt all other chearful fowl ;
 “ And all about it wand’ring ghosts did wail and howl !
 “ That darksome cave they enter, where they find,
 “ That

" That curfed man,* low fitting on the ground,
 " Mufing full fadly in his fullen mind;
 " His greafy locks, long growen, and unbound,
 " Diforder'd hung about his foulders round,
 " And hid his face: through which his hollow eyne
 " Look'd deadly dull, and stared as aftound;
 " His raw bone cheeks, through penury and pine,
 " Were shrunk into his jaws, as he did never dine.
 " His garment nought but maffy ragged clouts,
 " With thorns together pinn'd and patched was,
 " The which his naked fides he wrapt abouts:
 " And him befide there lay upon the grafs,
 " A dreary corfe, whose life away did pafs,
 " All wallow'd in his own yet luke-warm blood;
 " That from his wound yet welled fresh alas
 " In which a rufty knife faft fixed flood,
 " And made an open paffage to the guffhing flood!"

Acquired Melancholy may generally be cured, by taking away, if poffible, the caufe which produced it; but if it arifes from a *translation of morbid humors to the brain*, being then *symptomatic*, it can only be remedied by removing the original difeafe.

Since we find that painful fenfations applied to the body or mind, often deftroy health and occafion Melancholy; by parity

of reasoning it may be concluded, that pleasurable feelings of a contrary nature will bid fairest to restore it. The chiefest of those are, *cheerful Company, Poetry, Music and Dramatic Entertainments* of the comic kind. Frequent *Exercise* in the open fields or flower gardens; the waters of *Islington, Tunbridge or Spa*, assisted by that sovereign remedy the *Peruvian Bark*, and *Cold Bath*, will also be found powerfully salutary.

The study of *Natural History*, and employment of delineating and painting some of its most beautiful objects, as those of *Flowers, Birds or Insects*, will afford pleasing and rational entertainment for the mind; as well as that of exploring the wonderful structure of minute animal and vegetable bodies by the assistance of the *Microscope*.

The cure of melancholy should be attempted in *Spring and Summer*, by travelling far from home, with agreeable company, or if convenient, into foreign countries.

Prospects

Prospects which suddenly open upon the mind with novelty and surprize, are most likely to dispossess it of painful sensations, or counteract their bad effects. Of the different excursions which the British isle affords, none will so much contribute to that end as a tour to the *Lakes in Cumberland*, particularly those of *Keswick* and the sequestered regions of *Borrowdale*. Here we may view nature attired in all the sweet simplicity of pastoral beauty, or behold her enthroned amidst the vast and tremendous fragments of the antediluvian world! *Bruno*, thou holy sage, here, in solemn and deep repose, where the Eagle builds her nest, mightest thou have fixed thy dreary abode, to view the wonders of creation, and meditate on things past, or worlds to come. Here, might have stood another *Paraclete* with its white walls and silver springs, where some former *Eloisa* devoted

a life

a life to penitence and tears ! This the *Vaucluse* where perhaps another *Petrarch* once retired, and in the anguish of his soul, bewailed the loss of his long-loved *Laura*, for which nothing but religious hope could give consolation, and only death could cure ! But of this enough, lest inadvertently, we excite those very feelings, for which we were proposing to find a remedy.

On the 23d of July 1780, I set out from *Keswick*, to take a view of the adjacent country from the top of *Skiddow*, and after more than two hours toil we gained the summit of that enormous mountain. Although at first the sun was bright and the sky clear, we were soon involved in dark clouds which shut all prospect from our eyes ; but after waiting some time, an auspicious breeze from the west, suddenly dispersed the gloom, and, as if by the power of magic, instantly displayed a prospect which I beheld with wonder and delight. Here I could distinctly see the *western*
ocean,

ocean and ships under sail ; the *Isle of Man*, *Ireland*, South of *Scotland* and part of *England*. At an immense distance, on the east, was *Crossfell* or *British Alps*, over which I had passed a few days before, mixing with the horizon and appearing like a blue cloud. Towards the south and contiguous to the view were *Helvellyn* and *Vale of St. John*. Southward, we looked down upon the town of *Keswick* and lofty, wave-like hills in *Borrowdale*. At the foot of *Skiddow* the *Lakes of Derwent* and *Bassenthwaite* appeared like crystal mirrors ; the first is environed with huge craigs, precipices, and hanging woods, and from thence, the *Vale of Keswick* divided by the *River Derwent*, is beautifully extended for many miles. Mountains of mimic shapes, and stupendous magnitude surround the whole, and exalt their gigantic heads above the clouds.

The mind transported with scenery of such magnificence and supreme delight,

is lifted above itself, and quitting those earthly regions, enchanting as they are, soars above nature, and aspires to nature's God ! How infinite and incomprehensible is *space*, of which all this is merely a point, and how great the wisdom of the creator in forming the *eye*, which in its narrow circle, concentrates the wide extended regions of *Ocean*, *Earth* and *Air* ?

By thus shifting the scene, the mind will be presented with a continual change of new objects which strike more forcibly on the senses, than things familiar to them. The eye will be delighted with all the charms of Variety, in new prospects, the impulse of Sounds, different from those before, will strike the Ear ; unusual Odors will affect the Smell, and the Taste itself will also experience a Change by the variety of aliments peculiar to different situations.

From

From those new impressions thus made on the senses, which are so many avenues or *immediate inlets to the brain and nerves*, a *succession of new ideas will arise*, so as insensibly to disengage the mind from objects of its distress.

We have already prov'd that particular thoughts and reflections of the mind are join'd with certain conditions of the body : and therefore, that *our manner of living, in a considerable degree, changes our manner of thinking*.

Hence, by *travelling*, the universal benefits of *Air, Exercise and Diet* will at once be most agreeably obtain'd ; all which tend to strengthen the constitution, and to wear out disagreeable impressions of the mind, by introducing others of an opposite nature.

The next sovereign Remedy is *Music*. *Cicero* asserts its amazing power, and *Plato* supposes that the effect of harmony on the mind is equal to that of air on the
body :

body : Its divine influence is exemplified by *David* in the cure of *Saul*, and the *eastern Monarch* who had conquer'd the world, was himself subdued by the seraphic strains of *Timotheus's Harp*.

So wonderful is the empire of Music over the mind, as recorded by the ancients, that it leads the foldier undaunted to the "imminent deadly breach" and alternately stops the rage of conquest by its varied power: It mitigates bodily pain, suspends the malignant force of madness and despair, and lulls the soul into tranquility and peace.

- " Music the fiercest grief can charm,
- " And fate's severest rage disarm :
- " Music can soften pain to ease,
- " And make despair and madness please :
- " Our joys below it can improve,
- " And antedate the bliss above."

POPE.

such are the surpassing poetical beauties of the following lines from *Milton's Comus*, relative to our subject, that I cannot without the greatest self-denial omit their quotation.

" At

- “ At last, a soft and solemn breathing sound,
 “ Rose like a steam of rich distill’d perfumes,
 “ And stole upon the air, that even silence
 “ Was took ere she was ware, and wish’d she might
 “ Deny her nature, and be never more
 “ Still to be so displac’d. I was all ear,
 “ And took in strains that might create a soul
 “ Under the ribs of Death.”

But lest we should appear to have caught by sympathy, the spirit of enthusiasm from those Divine Bards ; it will be necessary to remark, that the salutary power of Music and *its manner of operating on the body and mind, depends as much upon rational, and demonstrative principles, as that of any medicine in the Materia Medica*, although little has hitherto been said on this subject, except in a vague and chimerical way.

Music produces its salutary effect by creating an agreeable sensation on the nerves of the Ear, which communicate with the Brain and nervous system ; and as the inordinate passions of the mind all make their first disagreeable impressions

on those sensible parts, and occasion *Low Spirits, Vapors* and *Melancholy*; no remedy can be more rationally applied to counteract their malignant power than that of *Music* which excites a *contrary sensation* of the pleasurable kind, and acts immediately upon the *same Organs*.

Tickling the soles of the feet, that intolerable sensation between pleasure and pain, has been known to occasion convulsions in children or even death, in those of great sensibility; and fragrant *Odors* will exhilarate the spirits, or occasion faintings, according to their different qualities.

We need not then be surprized, that the power of Harmony which cures the poisonous bite of a *Tarantula* or eight-ey'd spider of *Apulia*, should produce effects equally extraordinary, by touching the nerves with exquisite delicacy, and giving to the mind such sweet excess of rapture and delight.

“ Cease

“ Cease your cares : the body’s pain
 “ A sweet relief may find :
 “ But gums and lenient balms are vain
 “ To heal the wounded mind,
 “ On every string soft breathing raptures dwell,
 “ To sooth the throbbings of the troubl’d breast ;
 “ Whose magic voice can bid the tides of passion swell,
 “ Or lull the raging storm to rest,”

BROWN’S CURE OF SAUL.

The effect of music will be different according to the stile, and manner of its composition, and should therefore be adapted to the particular state and disposition of the mind. The plaintive tone of soft Flutes induce a pleasing languor, and like the soothing power of opium, compose it when irritated by passion or tortured by rage ; whilst the merry Pipe and Tabor will exhilarate and raise the moping head of Melancholy, depressed by *religious Despair, disappointed Ambition, or hopeless Love.*

Let us appeal to the refined feelings of those most susceptible of the divine power

T of

of *Harmony*, to prove its sovereign influence over the mind;--that it is the true oblivious Antidote, the *Nepenthes* of the Gods to heal a wounded spirit,--to exalt the soul above low-thoughted care, and lap it in *Elysium*.

SECTION

SECTION XI.

Of a Consumption ; its Nature, Treatment and Method of Cure.

BY Consumption is meant a universal wasting of body, generally occasioned by the decay of its vital parts, particularly the *Lungs*.

The lungs are two delicate spongy bodies placed on each side the heart in the cavity of the breast : They are chiefly made up of *air-vessels* and *blood-vessels*, intended by nature to answer the double purpose of respiration or breathing, and of mixing fresh *chyle* with the blood.

Before the act of respiration commences, as in the *Infant*, during its nine months abode in the womb, only a third part of its blood can circulate through the *compressed Lungs* ; but as soon as it is born, they are blown up with air, and then the

whole mass passes freely through their numerous blood-vessels. Hence it follows, that whatever interrupts respiration, and hinders the free play of the Lungs, will occasion an accumulation of blood in their substance and dispose the patient to consumption, by creating *Inflammation, Ulceration, or Spitting of Blood.*

Although breathing, under certain circumstances, as I have fully shewn in another place*, is not essential to life, because the infant before birth dispenses with the want of it ; yet being once begun, its continuance is absolutely necessary. Thus the *Heart* and *Lungs* unite their power, and labour with incessant and unwearied efforts to keep the human body alive ; even sometimes for the tedious period of a hundred years.

As the stomach converts aliment into *Chyle*, so the action of the Lungs changes that fluid into blood : This is more effectually

ally brought about, by the air-veffels and blood-veffels being clofely interwoven with each other ; from which the blood will be compreffed and agitated between two contrary forces, viz. that of the *Heart* driving it through its veffels, and of *Air* which rushes into the Lungs every time we draw breath.

From this previous knowledge, it will be more evident, that thofe who have weak lungs which cannot freely tranfmit both blood and air, muft become emaciated and confumptive ; for then the *Chyle* will not be fufficienrly enriched to nourifh the body ; and their tender veffels will continually be on the ftretch by the force of circulating blood and infpired air.

Hence alfo will appear the innumerable inconveniences they muft fuffer from viciffitudes of weather, the various degrees of heat and cold, or moiſture and drynefs of the air to which they are continually expofed.

Intemperance in eating and drinking, or the excess of anger are also dangerous to the *consumptive*, by increasing the blood's motion, which will lay an additional stress on its weak vessels, especially in the last instance, where the voice at the same time is often exerted with uncommon power, and consequently when the air-vessels and blood-vessels will be violently overstrained. The regulation of the passions, as well as temperance, and pure air, are therefore all of the greatest moment to such as are inclined to *inward decay*.

Our climate in Britain, from its situation as an *Island*, is extremely unfavourable to consumptive habits. The quick transitions from heat to cold, and sudden changes in the temperature of air, as to its moisture and dryness, are not to be endured by delicate constitutions without very sensible injury.

Such is the great and manifest influence of weather on human bodies, that we constantly

stantly find all the consumptive symptoms aggravated by Winter, in spite of the most powerful medicines ; and on the contrary, as Summer approaches, they are as evidently relieved without any medicines at all.

Cold, moist air which generally prevails in this country during *Autumn* and *Winter*, is extremely pernicious to such as have tender lungs : In those inclement seasons blood will be repelled from the bodily surface, to the weak internal parts ; the cutaneous pores become obstructed, and that perspirable fluid which ought to pass off, being turned upon the throat and lungs, will there produce defluxion of rheum, attended with *Hoarseness*, tickling *Cough*, or *Oppression at the breast*, and at last, *ulceration and spitting of blood*.

Under such symptoms the patient is said to have got cold, which being too generally neglected as a disorder of little consequence,

often lays the foundation of a *Consumption*, particularly in the winter season.

Damp air, intensely cold and taken into the lungs, puts an immediate stop to that subtle fluid which in health is constantly passing off from their internal surface: This vapor becomes visible by breathing on polished surfaces and occasions that moisture observed on the inside of coach-glasses when closely shut up.

Of all the different ways of taking cold, this is the most dangerous to those who have weak lungs and are inclined to consumption; for then the injury is immediately sustained by the affected part. From this cause, though apparently trifling, have observed very serious consequences. The most effectual caution to prevent it, is that of breathing through a muff, or lawn handkerchief, by which, the air, in passing as it were through a strainer, will be divested of its chilling power as well as any noxious particles with which it might be combined.

In

In England *Perspiration*, on a medium, nearly equals all the other Evacuations; but such is the inequality of our climate, respecting the degrees of heat and cold, that in Summer the quantity of perspiration is double to what it was in Winter; therefore without the secretions of urine and stool are considerably increased in the last season, to compensate for the loss of perspiration; the body must then necessarily labour under a Plethora or preternatural fulness; the quantity of our meat and drink, in these two opposite seasons, being nearly the same.

Hence the retained gross humors will fall on the weakest internal part and the Lungs, from their spongy texture and peculiar delicacy, will more immediately sustain the injury.

Whoever will attend to the state of human bodies and obvious effects of our Atmosphere upon them at different seasons of the year, may soon be convinced, that of

ten women disposed to Consumption, most of them fall into this disease in *Winter*, and gradually become worse at each return of that season, till by repeated attacks, the organs or movements of the body are worn out, and the *Lungs* in particular at last tend to a state of dissolution and decay, followed by *Ulceration* and *Spitting of Blood* or a *Collection of Matter* which put a period to the patient's life.

The Sleepiness and oppressive Symptoms observed in those half-starved with cold, is another substantial proof, that the circulation may be considerably changed by inclemency of Air; for such consequences chiefly proceed from the repulsion of blood to the internal parts, especially the *Brain*, by which its vessels are overloaded, and the Patient from thence is seized with a *temporary Lethargy*, or uncommon propensity to Sleep.

But as no conviction is so cogent as that arising from our own feelings, it may be
 necessary

neceſſary to refer the Reader to what was advanced at page 190, to ſhew a communication between the external and internal parts ; and as it has there been proved, that *intense Cold* applied to the body or ſoles of the feet, often occasions pain in the bowels with *Diarrhœa* or purging ; it will appear leſs extraordinary that the ſame external cauſe, whether it acts on the nerves, or pores, ſhould produce bad effects on the *Lungs*, particularly, ſince they, as well as the ſurface of the body, are immediately expoſed to the preſſure and ſeverity of the cold atmophère.

If Winter is manifeſtly ſo injurious to the conſumptive, the approach of Summer as certainly relieves them. Warm, temperate weather relaxes the ſkin, enlarges the pores, and encreaſes perſpiration. By thus promoting a free and equal diſtribution of blood to all parts of the body, it takes off the ſtreſs from the weak internal parts ; and reſtoring the balance between the circulating

culating power of the blood and resistance of its vessels, the patient finds herself so much recovered, that she vainly persuades herself all danger is over and past.

The relief owing to this change of circulation may still be farther illustrated and confirmed by what happens in the *State of Pregnancy*, during which consumptive women find the symptoms so much mitigated, that scarcely one in a thousand dies when with child ; but being delivered, they are often revisited with their usual complaints, and many do not survive, especially those who neglect *Suckling* ; which instead of rendering them weaker, according to the general opinion, is the only expedient, next to that of a temperate climate, which can be proposed for the continuance of their relief, as I have repeatedly had occasion to observe.

Those things being highly interesting to the safety of Women, I shall endeavour to
render

render them as clear and intelligible as the nature of the subject will allow.

From the œconomy of the pregnant Womb, and the means devised by Nature to carry on the circulation between the mother and child ; the following circumstances will, in a great measure, account for that salutary change in consumptive women during the time of their *being with Child*, or *giving suck*.

First, as consumptive women are often irregular or obstructed ; that superfluous blood which ought to have pass'd off by the womb will be accumulated into the body and fall on the *weak lungs*. Secondly, when such women prove with child, they will find themselves as effectually relieved as if the menses were restored to a regular state ; because the redundant blood will then be consumed by the child. Lastly, those who *suckle* are relieved nearly in the same manner ; for Milk being chiefly supplied by that chyle which otherwise would be converted

verted into blood, its vessels will be diminished in fulness, and the weak lungs relieved as before.

Nature without going out of her wonted road, from a happy concurrence of causes, here acts as effectually for the safety of the mother and child, as if it was her main intention so to do. I have also observed that consumptive women who *neglect suckling*, and do not menstruate in due time, after lying-in, are sometimes affected with *spitting of Blood*, which may prove fatal in the conclusion.

But notwithstanding all that has been said, as things which are good often defeat their purpose by being misapplied; should the patient begin to menstruate during the time of giving suck, or find herself daily losing strength, she ought then to wean her child without delay, and take light nourishment, often, and in small quantities.

Since

Since we find the *consumptive* are constantly relieved by *Summer*, those who are sufficiently attentive to their own safety, will, if possible, remove into a warmer climate, where that season is more uniform, and in a manner perpetual ; or at least, where the Winter is so short and mild, as to be endured with less injury to the constitution.

By such a proceeding, joined with the advantage of a Sea Voyage to the South of *France*, *Portugal* or *Italy* ; by regulation of the passions, frequent *Exercise on Horseback*, and a spare *Milk*, or *Vegetable Diet*, many might with certainty be rescued from the grave, especially where the disease is not too far advanced, or the substance of the Lungs corrupted and broken down ; in a word, where the patient can hope to obtain relief by any human means, those are most likely to effect it.

If unfortunately she is prevented from change of climate, the best means of counteracting

counteracting the severity of her own may be expected from all such causes as gently promote a free distribution of blood to the bodily surface ; the most effectual of which are *moderate exercise*, wearing *fine Flannels next the Skin*, the frequent use of the *Flesh Brush*, the application of *Blisters*, the administration of *Antimonials*, and lastly, the *Peruvian Bark with Nitre*, after bleeding and laxatives.

When she is very weak, and the weather so cold as to deprive her of exercise abroad, *Swinging* has sometimes been found of considerable service ; a remedy well adapted to the circumstances of those who cannot afford to ride on Horse-back, or in a Carriage, but this sort of motion, should at first, be gently applied. The regularity of the menses should, if possible, be preserved and the secretions of urine and stool promoted, especially when the pores of the skin are stopped ; for when one discharge is lessened, if another is not proportionably increased,

a preternatural fulness of the body must follow which will always endanger those who have weak lungs.

An aromatic plaster large enough to cover the stomach and bowels will cherish and invigorate the internal parts, and afford relief during the extreme severity of the winter season.

From the whole of what has preceded, two general inferences may be drawn, viz. first, that a *Consumption* is rather to be relieved or cured by *strict attention to Regimen*, than the frequent administration of Medicines; secondly, that they ought chiefly to be given towards the approach of Summer, when the *Influence of Weather* joined with *Exercise on Horse-back*, and a *Milk Diet*, concur to increase their good effects.

Hoffman, with many others, supposes, that one principal cause of *Consumptions* in *London*, as well as Britain in general, is owing to the immense quantity of *Fossil* or *Pit-Coal* there consumed for fuel; from which

the air is overloaded with *sulphureous*, *arsenical* or other *metallic Particles* offensive to the lungs.

This is no improbable conjecture, when we consider the deadly effects produced by the *Fumes of burning Charcoal*, as well those from *Lead* or other Metals in a state of fusion. All metals heated to a certain degree throw off considerable quantities of effluvia, as is evident from the use of *metallic Stoves*, which often create head-ach, and sickness at stomach, especially in small rooms closely shut up from the access of external air.

The suffocating cough excited by a pan of live coals used in warming beds, which is incessant till the noxious fume is expelled from the lungs, shew, that such air is highly offensive even to those of a healthy person; how much more injurious then must it prove to that organ, in a tender, ulcerated state, when constantly exposed to an atmosphere more or less impregnated with the same pernicious qualities?

From

From some kind of *Pit-Coal*, may be extracted *Alum*: By distillation it yields an *acid Liquor*, and a *thin Oil*, which in burning, fly off and impregnate the air with their peculiar qualities.

We know the effect of poisons externally applied to open, ulcerated parts is more deadly than when internally taken. *Pope Clement*, we are told, was destroyed by a poisoned torch carried before him. The fumes of fermenting liquors will suffocate; and the vapor of *La' Grotta de Cani*, near *Naples*, produces the same mortal effect. Thus we may see what innumerable avenues are open to the approach of Death, since the very air we breath may convey a mortal and slow consuming poison.

Hence, such as have tender lungs should carefully avoid breathing a *putrid Air*, such as that of Hospitals, the Chambers of those sick with the *Small-Pox* at the height of eruption, or other diseases where a corruption of the juices prevail.

The Air near stagnating waters, dung-hills, common-sewers, or the muddy banks of large rivers, from which the water often retires, is highly pernicious, especially in hot weather ; for *Heat* and *Moisture* are two great causes of putrefaction, and vegetable bodies in a state of corruption, will soon bring others to decay, if they lie within their sphere of action. From such circumstances it will appear, that sleeping in close bed-chambers with such as have offensive breath, or diseased lungs, must be highly injurious to those inclined to consumption.

Indeed, I cannot help thinking that the *sulphureous* or *metallic fumes* proceeding from large *Coal Fires*, and continually taken into the lungs of sedentary, ailing people, who are most tempted to sit too near them, may be extremely hurtful, by destroying the enlivening spirit of the air, crisping their internal membrane, and drying up their natural moisture ; the consequence of which will be a *hoarseness*, *short*, *phthisicky cough*,
with

with *Tubercles in the Lungs*, ending in *Consumption* or *Asthma*.

The liberal use of *Animal Food* and *Malt Liquors* I know have been deem'd the cause of Consumptions; but there seems little reason to adopt this opinion; because many of the *consumptive* have been known to recover by removing into warmer Climates, where they lived almost entirely in the English manner; a circumstance which at least clearly shews the great influence of *temperate, pure air*; and that the constitution, when assisted by its salutary power, was able to surmount every obstacle to a cure.

Besides, was a *Consumption* in this country occasioned by *Peculiarity of Diet*; that being nearly the same all the year round, so ought the symptoms, but on the contrary, in *Summer* the patient is generally relieved, let the Diet be what it will, and the utmost caution in eating and drinking is found in-

sufficient to prevent the disease from returning with violence on the approach of *Winter*.

In short, from a general review of the several preceding circumstances relative to this subject ; the *Instability* and *Coldness* of our Climate, joined to its *Moisture*, and the *noxious Fumes of Pit-Coal*, with which the air of close rooms is continually loaded in *Winter*, seem two principal concurring causes, why a *consumption* is *endemic* or peculiar to the *Island of Britain* ; and why it particularly prevails with uncommon severity in that *cold, moist and variable season*, when the greater quantity of *sulphureous* or *metallic Vapor* conspires to encrease the morbid cause.

So great is the devastation made by this fatal malady, that like a *slow-consuming Plague*, it destroys the human race by thousands, and with the unrelenting violence of a cruel spoiler, generally seizes the young and most beautiful of the Female Sex ; for such from their natural delicacy

of

of frame, are more particularly subject to its malignant power.

By the London, yearly *Bills of Mortality*, it appears, that the number of those carried off by *consumption* makes nearly a *fifth* part of the whole dying by all other diseases put together, which however incredible, is a certain fact ; for on examining the several *Bills of Mortality the last Six Years*, I found the proportions stood thus.

Sum total of Deaths from December 1770 to December 1771, 21780 ; of whom died of Consumptions 4809, being much more than a fifth of the whole.

From the year 1771 to 1772 total of deaths 26053 ; of whom died of Consumptions 5179, being upwards a fifth of the whole.

From 1772 to 1773 total of Deaths 21656, of whom died of Consumptions, 2825. From 1773 to 1774 total of deaths 20884, Consumption 4242. From 1774 to 1775 total of deaths 20514, Consumption

4452. From 1775 to 1776 total of deaths 19048, Consumption 4508, by a general estimate being more than a fifth of the whole.

Sydenham supposes that *chronic Diseases* destroy a third part of those who die, and that two, out of three of them are carried off by *Consumption of the Lungs* ; and seeing that between four and five thousand people are yearly cut off by this disease in the cities of *London* and *Westminster* ; it will follow, by a moderate computation, that upwards of 30,000 people die yearly in Britain of this destructive malady, of whom, by far the greatest part are women, in consequence of their natural delicacy and *Irregularities* peculiar to their Sex.

It is something remarkable, that in *Holland*, as well as different quarters of this kingdom, where the inhabitants use *Turf Fires*, few die consumptive : The fact is certain, but whether owing to the particular qualities of this vegetable fuel, or proceeding

ing

ing from a more healthy state of air in such situations, and the temperate way of life peculiar to the inhabitants, I cannot take upon me to determine.

In *Holland*, the air, although moist, is perfectly free from mineral steams, and therefore more soft and friendly to the lungs of consumptive people, than many parts of England; especially to those subjects to a dry, short cough, which strongly indicates their being affected with *Tubercles*.

The air of cities being replete with smোক, and sulphureous vapors, with the effluvia continually proceeding from animal bodies, must certainly be more offensive to the lungs than that of the country.

Perhaps the tendency from this cause, to form those small livid knobs or *Tubercles*, so often found in the lungs of consumptive people, may be much encreased by the dryness of the air in great cities, where the rains, instead of sinking into the earth, as in country places, are immediately carried off by the
common-

common-sewers; and for this reason, some people of spongy solids and dropical habits, find themselves better in town than country.

Having considered the general causes and method of curing a Consumption proceeding from the nature of our climate; we shall next point out that particular habit of body, whether *original* or *acquired*, which renders women more immediately subject to it, and afterwards lay down the most effectual means for its *Prevention, Relief, and Cure*.

Human bodies, like particular Edifices, are formed to endure a longer, or shorter time according to their manner of construction and the materials of which they are made up: In some, the organs are naturally firm and strong, in others, they are composed of *perishable stamina* derived from the parent, and therefore liable to wear out, before the usual period of life is completed.

Agreeable to this observation, I have often remarked from the *public papers*, as well as those solemn monitors the *Tomb-Stones*,

Stones, that many of the same name and family were carried off nearly in the same term of years ; and I have no doubt, but the correspondence would still have been more exact, was not the duration of human life lengthened or shortened, from Temperance, Excess, or other accidental circumstances inseparable from each individual.

We also find that such as very soon complete animal growth, and arrive at their full stature before the due period, are generally *short-lived*; according to an old proverb indelicately expressed, but no less true. The same observation holds good in *Vegetables*, for those of the same species, soonest produced, are the first which come to decay: Such a variation from the standard of nature, in animal or vegetable bodies, implies a weak spongy texture of their parts which must therefore render them less durable.

The sudden growth of young people after severe illness also illustrates this matter ;
for

for their solids being then greatly weaken'd, will yield more than usually to the circulating force of the blood, now considerably increased by the keen appetite and strong digestion usually attending recovery.

Thus may be seen, why those born of *consumptive parents*, or who derive from thence the *King's Evil*, *Venereal Disease* or *Scurvy*, cannot be healthy or long-lived, till the seeds of those maladies are destroyed; and hence the distinction of a *scrophulous* and *venereal* Consumption originally existing in the body.

Those of very delicate habits and fair complexions, who are subject to hoarseness and cough on slight occasions, are narrow chested, and have a long, slender neck; are of all others most apt to fall into Consumption.

This Disease may also proceed from excessive waste of blood and juices, *Profusion of Menses*, or *Fluor Albus*, *Night Sweats*, or *Habitual Looseness*. An obstruction of menses,

ses, the sudden suppression of a sanious fluor albus, discharge from old sores, eruptions repelled from the skin, immoderate use of spirituous liquors, or unfavourable termination of the *Small-Pox*, *Measles*, and *Hooping Cough*, have all been known to produce that kind of Consumption which falls upon the lungs.

There is also a *Nervous Consumption* supposed to arise from extreme delicacy of bodily frame; but I believe, it is more frequently brought on by *Grief*, and distress of mind, which destroy the animating power of the nerves; consequently, both *Digestion and Circulation depending upon it*, being impaired, the body must languish and daily waste for want of nourishment.

That hereditary species of Consumption proceeding from a *scrophulous, venereal or scorbutic taint*, can only be relieved or cured by such medicines as are peculiarly adapted to the nature of those diseases; which purify, and give balsam to the sharp, thin
blood,

blood, as well as evacuate those offending humors, which otherwise might fix upon the lungs and create inflammation and destruction of that organ.

Women are most apt to become Consumptive in *Winter* and beginning of *Spring* ; particularly from the time of maturity to the age of thirty-five. *This is the fatal period* which so much indangers female constitutions ; especially if the menses do not commence duly and continue regular. Under those circumstances, if they are uncommonly delicate, were subject to *Bleeding at the Nose* when young or born of unhealthy parents ; 'tis ten to one but they fall into a Consumption, of which, *spitting of Blood* is generally the forerunner.

This flattering malady, tho' mild in its beginning, if neglected, grows worse every winter, and runs thro' all its stages, till at last the lungs are *ulcerated and broke down*, or beset with *Tubercles* which suppurate and destroy the patient. Among the vast number

ber of consumptive cafes which happen in this immense *Metropolis*; thofe moft converfant with the difeafe muft have feen this remark verified a hundred times over.

Ulceration, or abfcefs of the lungs are extremely difficult of cure: A part agitated by the cough, and continually ftretched by the influx of *Blood* and *Air*, cannot eafily heal; particularly as the cold air in contact with it is found extremely unfriendly to ulcers in general. We may add, that fince the putrid matter cannot always be raifed by coughing, it will neceffarily corrupt the contiguous parts, or being fucked up into the mafs of blood, will create hectic fever, and aggravate the difeafe.

Altho' I have feen fome inftances where fuch have recovered, they rather fhew what may poffibly happen, than what is naturally to be expected. The inference I would wifh to have made from thefe particulars is fimply this; That as a *confirmed*
Consumption

Consumption is seldom successfully treated; every prudent caution ought to be taken, and all possible means devised in due time, to prevent its arriving at an incurable state.

But here lies the obstacle so unfortunate for the patient: This disease like a treacherous adversary, makes its advances by such slow and insensible degrees, with so little pain or apparent danger, that she seldom thinks it necessary to apply for advice, till almost past a cure.

The disease, as already remarked, generally comes on about the end of *Winter* or beginning of *Spring*, with what is called a bad cold, followed with want of appetite, indigestion and sickness at stomach. A slow *hectic fever*, particularly in the evening or after eating, with flushings in the face, also prevail: Sometimes there is a defluxion of sharp rheum on the throat and lungs, attended with heat, oppression in the breast, and *spitting of Blood*. In others, there is a short, dry cough, and difficulty
of

of breathing which indicates *Tubercles*, or small, hard, livid tumors of the Lungs; like hail-shot.

As the symptoms continue, the body begins to waste and fall away, being not only unduly nourished, but its discharges much greater than its supplies. The fever increases, and comes on in the evenings with chilness like a slight ague-fit; it is usually followed with thirst, flushings in the face, a burning heat in the palms of the hands, and towards morning goes off with profuse sweats, and mitigation of the symptoms.

If the *Night Sweats* are too suddenly restrained by accident or design; a *Diarrhœa* or looseness follows; and where that is hastily stopp'd, I have observed a *Dropsey* sometimes follows with *swelling of the feet and legs*, an increase of the *spitting of blood*, or *salivation and Thrush*; all which denote the rapid and dangerous advances of this destructive disease.

In consumptive habits, therefore, the most rational and effectual means either to *prevent, relieve, or cure* the disease, will be to *strengthen the Lungs, and abate the circulating force on their weak vessels*, so as to hinder if possible the *spitting of blood* from coming on; or at its first appearance immediately to use such remedies as are most likely to take it away; for the Lungs being only weak and tender, but as yet whole and entire, there may still be reasonable hopes of cure.

From whatever cause the spitting of blood arises; *Bleeding* should be directed in small quantities, and frequently repeated as often as the least *heat, oppression, or sense of fulness is perceived in the Breast or Lungs*. The patient's weakness should not deter her from submitting to this method; for her principal hope should be placed in this evacuation seasonably directed, which by lessening the Inflammation, and force of the disease, will not diminish, but restore her strength.

I do not however mean, that we are to be extravagantly profuse of that vital fluid which nature is at so much pains to prepare; for, although of all *chronic diseases*, Consumption of the Lungs is most commonly attended with inflammation and slow fever; yet *Bleeding* ought not to be directed without proper advice, and every other prudent caution.

By the abuse of this remedy, I have seen instances where the patient, from Consumption, has been hurried into a *Dropfy*; to which she will be more subject, as the blood is generally poor and watery, when the Lungs are weak and defective in their office.

Where this consequence is to be feared; an *abstemious diet* may be substituted for bleeding; for thus, by lessening the quantity of food, there will be a gradual subtraction from the quantity of blood, and the vessels will so contract and accommodate themselves to what remains, as to

render the patient less liable to faintings, excessive weakness, or Dropsy. In such cases, the *Peruvian Bark* with *Nitre* or *Crystals of Tartar*, by strengthening the body, will be found of considerable service.

Except in the *Nervous Consumption*, a very spare diet of *milk*, *vegetables*, and *ripe fruits* of the acescent kind will afford relief; and the patient should almost entirely abstain from animal food, wine, or fermented malt liquors. For common drink, pure spring water, boiled for a few minutes and pour'd on toasted bread, with the addition of Honey and orange juice will be proper; but if her habit is costive, *Imperial Water* sweetened with *Manna* may occasionally be used.

After the symptoms of fulness are thus removed by bleeding or abstemious diet, which will allow the weak vessels to contract and become firmer; an infusion of *Peruvian Bark* with *Nitre* or *Elixir of Vitriol* may be given twice or thrice a-day; but should the cough increase, with oppression at
the

the breast, attended with a dry skin, quicker pulse and stitches in the sides; it will be proper immediately to desist from their use. The patient should daily ride on horseback, when the weather is fine, at least two hours before dinner, or longer if her strength will permit.

The honest and judicious *Sydenham* declares, that the Peruvian Bark is not a more certain cure for an intermittent, or mercury for a venereal lues, than riding on horseback is for the cure of Consumption.

Walking is the most general exercise of body, but riding being only a kind of *passive motion*, fatigues much less; and as it gently agitates the stomach and bowels, it becomes highly serviceable in assisting the distribution of blood through these, as well as all other internal vital parts.

Sleeping in a small, confined bed-chamber on the ground floor, or sitting in very warm rooms are highly pernicious; for in proportion as the heat between these

and the common atmosphere is destroyed, the patient will be more or less liable to obstructed perspiration, when she breathes the open air. She should therefore avoid the extremes of heat and cold, more especially the moist, night air; sharp easterly winds, the cold bath, or whatever might turn the current of blood inwards upon the weak lungs. Coughing, straining, or loud speaking, particularly in the time of extreme anger, are dangerous, as well as agitation of body or mind.

Should blood at any time escape from the nose, or piles, it ought not to be suppressed, especially if the patient is irregular or obstructed; for when there is pain, fever, or inflammation, I have known such discharges productive of relief.

Instead of this simple method of treating a *Consumption*, deduced from the true nature of the disease, and the structure of the affected parts; *Spermaceti* and other oily medicines have generally been directed under
the

the name of Balfamic Emulfions; but if those mixtures could effect a cure, as the patient is generally pretty well supplied with them, we should not find the disease so fatal in its event.

Such things are so far from relieving, that they are found to do manifest harm, by palling the stomach and destroying appetite. Besides, all fat and oily substances acquire a degree of sharpness, by the feverish heat of the body, which is highly injurious; they increase the rancidity of bile, and dispose the blood to putrefaction; all which effects directly oppose the intention of cure: and it is for this reason, that milk is generally forbid to such patients as have much fever; but if it is allowed at all, the cream, or oily part should always be taken off.

The *Milk* of animals being little more than purified *Chyle*, may be looked upon as the natural food of both the young and old. It wants no assistance from the stomach, but passes from thence into the blood with very

little alteration. Hence may be seen how much better this balsamic emulsion is adapted to nourish and support the strength of consumptive people, than any other.

It partakes both of an *animal* and *vegetable* nature and retains, in some measure, the qualities of the aliment from which it was prepared. The milk of Cows, for instance, which have accidentally fed on *elder leaves*, and *meadow garlick*, is strongly impregnated with the flavor of those vegetables; and this may suggest a hint how it might be transmitted into the blood of consumptive patients in a *medicated state*, when taken fresh and in large quantities.

I know it is generally supposed that medicines lose their power before they can reach the affected part, and doubtless this is often the case; but the objection is less applicable in Consumptions than any other diseases; since there is no part of the body to which their virtues may be so *perfectly* and *speedily conveyed* as to the *diseased Lungs*,
through

through which the whole mass of blood is continually passing, and which might therefore be impregnated by the constant supply of fresh *medicated Chyle*.

It appears by experiments, that our food is changed to chyle and passes into the blood in the space of *six hours*. Chyle having undergone the digestion of one animal, preserves the qualities of aliment from which it was prepared; and most probably will still retain them, in a considerable degree, even when mixed with blood in the lungs of consumptive people.

But although *Milk Diet* may prove beneficial, neither this natural Balsam or any subtle, *balsamic Æther* immediately received into the lungs themselves, can effect a lasting cure, without due regard to the regimen of *Air, Exercise and Diet*, as well as the *abatement of force from the blood*, and *Atmosphere* continually acting on their weak vessels; which, collectively, may be considered as the *very Basis on which a cure must depend*.

Milk

Milk is composed of three parts, viz. *Cream* or animal oil, *Curd* or cheesy substance, and *Whey* or a watery part mixed with the salt or sugar of milk: The last, in weak habits attended with fever is best; without Ass's milk can be procured, which affording a very small quantity of curd and oil, is lightest and preferable to all the rest, Woman's milk only excepted. Mare's, Goat's, Sheep's, and Cow's milk are next in degrees of goodness, as beneficial to consumptive people.

Those who expect the benefits of *Milk Diet* in its full extent, instead of trifling with it in the usual manner, must take it perfectly fresh in the quantity of half a pint three or four times a-day; that is, they should in a manner live upon it; for, although it may not at first agree with those accustomed to animal food, if properly managed and persisted in, it will at last become grateful, more friendly to the stomach and bowels, and restorative to the constitution than every thing besides. If

If it curdles or lies heavy on the stomach ; *Seltzer-Water* in the quantity of a third part may be added, or a little *Magnesia* ; should it prove too laxative, one drop of chemical *Oil of Cinamon* on sugar, or a small quantity of *sugar of roses*, will remedy that inconvenience.

In Consumptions arising from a putrid, scorbutic cause, I have directed *butter-milk* with great relief to the patient, especially when it had acquired a slight degree of acidity by keeping.

Where *Tubercles* in the lungs were suspected, I never found any thing relieve the symptoms so much as fresh *New Milk Whey*, sweetened with *Honey*, and the addition of a small quantity of fixed *Alkaline Salt*, especially if taken after bleeding and gentle evacuations. The liberal use of *Ripe Fruits*, and almond soap mixed with chocolate, according to the *Italian custom*, will prove beneficial. The warm vapor of hot vinegar

gar and water frequently received into the lungs thro' a fine sponge, will also be found of real service.

It would be useless to enumerate the various *pectoral* medicines as they are speciously called ; in reality, those vegetables which deserve that name, if we are to judge from their effects, are *bitterish* and *diuretic*, and act by purifying the blood and strengthening its vessels.

The white of fresh, raw eggs is a balmy *animal soap* of exquisite fineness, fit to nourish and repair the body, it will gently open obstructions and give balsam to the blood, being exactly similar to its Serum or wheyey part. By the heat of the stomach it will gradually dissolve, but spirituous liquors, or heat applied in a violent degree turn it into an indigestible, horny substance void of all nourishment.

Take an emulsion of sweet almonds made with pure Bristol or distill'd water, one pint ; whites of four or five fresh eggs,

Minorca

Minorca or *Narbonne Honey*, half an ounce or more, beat them well together and strain through a fine hair sieve.

Of this Emulsion, which is perhaps the *greatest Restorative in Nature*, the consumptive patient may take a large tea-cup full three or four times a-day: It will not curdle or load the stomach, and is much superior to all the mock *Ass's milk* I have ever tried, being composed of a saponaceous, vegetable, and animal fluid, rendered palatable by the essence of flowers or *Honey*, the most exalted of all balsams.

Blisters, and Issues may be of some service in the *scrophulous*, *venereal*, or *scorbutic Consumption*, by evacuating the offending humors; but nothing, save that which will thoroughly purify the blood, and expel their *corrupting Leaven*, can work a perfect cure.

A Nervous Consumption arising from grief or anxiety of mind, must be treated as already directed in the section on *Low Spirits*, and *Melancholy*; but above all, the cause
which

which distresses the mind, and destroys the *nervous influence on the bodily organs*, should, if possible, be taken away.

As to the general regimen of diet, every thing that is salt, high seasoned, or smoke-dried ought to be avoided. When it is proper to allow animal food, it should be light of digestion and of the most nutritive kind, chicken, veal, or young rabbit ; and also the glandular parts of animals.

Fresh Eggs slightly poached, and shell-fish are proper, particularly *Craw-fish* and *Oysters* ; of other kinds, whittings, soles, and flounders are preferable to the rest. Thin *Jellies* may also be sparingly given, but they are not so beneficial as commonly supposed.

It ought to be a general custom with the patient to eat often, and in small quantities, because the frequent supplies of *fresh chyle* will in some measure counteract the putrid tendency of the lungs ; and by taking little sustenance at a time, the stomach will be better able to dispense with it. By such
means

means she will also avoid *hectic heats* and flushings in the face, arising from increased circulation.

Those are the several *Rules and Cautions* which I would wish to recommend for the *Prevention, Relief, and Cure of a Consumption*, here placed in a *new Light*; but they ought to be considerably varied according to the state of the disease, the nature of its symptoms, and difference of the patient's age and constitution.

As this is a Disease of the most fatal kind, I have dwelt the longer on its *nature and treatment*; and being as fully persuaded of the reality of what I have here advanced, as *practical Facts*, and *repeated Experience* can make me; I am disposed to hope, the Reader will, from thence, receive such information as essentially tends to the *preservation or recovery* of her health.

SECTION

SECTION XII.

Dropsy and its Method of Cure.

ACCORDING to the bills of mortality about *nine hundred* people in London die yearly by the *Dropsy*, of which number Women make by far the greatest part, being much more subject to it than men, from the natural softness and delicacy of their solids, their sedentary life, and the irregularities, defect or excess of the discharges peculiar to their sex.

To enter professedly into a detail of the various kinds of Dropsy would far exceed the limits of my design; I only mean to treat of those most frequent, namely, the *Ascites* or Dropsy of the belly, *Anasarca* or that diffused over the surface of the body, and a *Dropsy of the Womb* or its contiguous parts.

The

The human body has two sorts of vessels opening into all its cavities; the first pour out a fluid to moisten their contained parts and are called *Exhalents*; the other imbibe superfluous moisture, and are called *Absorbents*. Hence it will follow, upon the most simple principles, that when this fluid is supplied by the *Exhalent Vessels*, more abundantly than the *Absorbents* can suck up, the watery part of the blood will be collected in its respective cavities in too large quantity, and a *Dropsy* must ensue.

Whatever weakens the vascular system and renders the blood thin and watery, will dispose the body to *Dropsy* by lessening the absorbent power; the principal of which causes are *bad Digestion*, *weak Lungs*, or a *diseased Liver*; for when those organs execute their office imperfectly, the chyle will be crude and unconcocted, and the blood instead of being rich and well prepared, will become poor and watery.

The abuse of *blood-letting*, an *immoderate Flooding*, *excessive discharge of menses* or *Fluor Albus*, *profuse Night Sweats*, and *long continued Diarrhœa* or an *Ague*, all diminish the circulating power, and render the blood's motion so slow, that its watery part may separate from the rest, and lay the foundation of *Dropsy*. Strangulation or pressure on the veins, and those vessels called *Lymphatics*, as in women with child, where the enlargement of the womb prevents the free circulation of blood, will also occasion dropfical swellings.

The more remote causes of this disease are intemperance, particularly the use of spirituous liquors; late hours, taking cold, low, damp situations, watery diet, cold moist air, and want of sufficient exercise.

No remedy has been more abused than bleeding, especially among women, who have recourse to it upon the most trifling occasions. *Blood* is the very *Fountain of life*, and whenever weakly people are deprived
of

of too large a quantity, the circulation will flag, and what remains cannot be carried far enough through the vascular system of the body to support its natural discharges : Hence a load of gross humors will be collected, producing a bloated habit, ending in *Ague* or *Dropsy*.

Indeed, in acute Diseases where the blood offends in quantity, *Bleeding* is often a speedy and effectual remedy ; but in *Chronic Cases*, where it is rather faulty in *quality*, then it will be found pernicious. However, should it, on particular occasions, appear necessary ; such benefits as arise from it, may be more safely obtained, in languid constitutions, by spare diet, and gentle laxatives. In short, as before observed, the great pains which Nature takes to prepare this *vital Fluid* shews, that we ought not profusely to throw it away.

Dropsies are generally attended with slow fever, intollerable thirst, and great defect in the discharge of urine. The pores of

the skin are also shut up, so that those fluids which ought to pass off by the natural outlets being now retained, will overflow the cavities, and drown out, as it were, the several vital parts.

Where a Dropsy suddenly comes on by the stoppage of some natural Evacuation, it may be almost certainly cured, if taken in time, especially when the patient is young; but if on the contrary it is of long standing, arises from a bad constitution, and decay of the internal parts, the event will be very different; for here the bowels being long oppressed and soak'd in the collected water, will almost entirely lose their natural power, or even become putrid; consequently, no absorption of fluid can be expected.

We shall borrow an illustration from *Vegetables*, to render this circumstance more plain and intelligible. If a Rose or any kind of plant, is cut from its stalk and immediately placed in water, it will imbibe or drink up a sufficient quantity to keep it
alive

alive a considerable time ; during which, the *small buds* on the same stalk will expand and blow ; but on the contrary, as soon as the stalk withers, and the vessels of which it is composed lose their absorption, then it will languish and die. By the same absorbent power, Corn has been observed to ripen considerably after being cut down, where a fall of dew or rain happened soon after.

The intention of curing a dropfy of the belly will be, to evacuate the contained water, and prevent it from collecting again. Whatever increases bodily strength will be found to assist in carrying off the water, by giving power to the absorbent vessels. Some Dropsies, therefore, may be cured in the beginning, by *Bark, Steel and Exercise* ; but this method will not succeed except where the strength is but little impaired, the vital parts sound, and absorbing power strong.

In general, the cure will be more safely attempted by *promoting the Urinary Discharge*; particularly when the complaint is of long standing, and the bowels are weak or unbound.

If *Vomits* and strong *Purgatives* are given, it ought only to be in the early state of the Disease, where the patient is young, and the internal parts yet remain firm and uncorrupted, for when they are not managed with the utmost skill and caution, they will encrease the patient's weakness and aggravate the disease.

Sometimes, indeed, I have observed they promoted the secretion of urine, when *diuretics* failed, and in such cases, they may be continued with advantage, but after their operation, it will be proper to direct an infusion of *Peruvian Bark* and spices, the better to strengthen and brace up the weakened vessels, as the water is drained off.

Such as are dropfical should resolutely abstain from watery fluids, and quench
their

their thirst with orange juice, or ripe fruit. They should confine themselves to dry food, and use constant exercise, in high chalky, or gravelly situations, where the air is dry and pure.

Nitre should frequently be given in such broths as the patient may occasionally take for nourishment ; and Chrystals of Tartar may be added to those liquids which her immoderate thirst requires. In cold habits, a little rum or French brandy may be taken in an infusion of juniper berries ; but although the quantity of her liquors can never be too small, I would particularly recommend their *frequent change*, having observed that those least habitual to the constitution, soonest pass off by the urinary discharge.

From the use of the Diuretic Mixture, No. 56, which also operates by stool, I have known large quantities of water evacuated. Fixed Alkaline Salts, with Spices infused in rhenish wine, are also safe

and effectual remedies for answering the same purpose; but so strangely diversified are the effects of different medicines, by different constitutions, that it is impossible precisely to determine what they will be till after a fair trial.

From a steady compliance with *such Regimen*, assisted by the power of Medicines, many of the *dropical* might be *perfectly cured*, who through indolence, or an extraordinary complaisance to their palate, at last fall victims to the disease.

It ought to be remarked, that all such medicines as are intended to promote urine, will operate best when the patient uses exercise in the open air; it may always be looked upon as a bad sign, where it cannot be brought to its natural quantity notwithstanding their use.

However, people labouring under this disease should not too hastily be given over as incurable, since medicines sometimes produce

duce very happy and extraordinary effects, and restore the patient, beyond all expectation, even in advanced age.

About eight years ago, I was desired to visit a Tradesman in the *Strand*, who was *drop-sical*. He had a slow fever, attended with unquenchable thirst, a cough, and difficulty of breathing: His skin was extremely *yellow*, his legs, thighs and belly were much swelled, and his urine, which for a long time had been small in quantity, was thick and high coloured like coffee grounds. He had taken medicines for several weeks, but found himself no better, and was thought to be dying. I directed him *powdered Squills*, with Soap and Aromatics, to be given in pills twice a-day, with a cupful of *Apozem*, No. 57. He found very extraordinary and almost unexpected relief, made large quantities of water, the swelling of his belly, legs and thighs visibly subsided, and the yellowness of his skin disappeared. His thirst, and cough abated, he breathed with
more

more ease, and rested at nights. He then took the *Peruvian Bark* with *Nitre*, and strengthening medicines; in about three weeks he was perfectly cured, and ever since has remained well.

September, 1775, I attended Mrs. P. a Lady, in *Fludger-street*, Westminster, aged sixty-nine. Her breath was short, the stomach hard, and her legs and thighs much swelled. Considering her advanced age, I had very little hopes of her recovery; but from the use of such medicines as chiefly operated by urine, the swelling of her legs was reduced, and the difficulty of breathing which before had hindered her from sleeping, was so much relieved that she afterwards had natural rest. I prescribed a strong decoction of *Bark* with spices, to warm and invigorate the weak bowels, by which method she perfectly recovered, and at this time, A. D. 1780, is hearty and well.

But

But the most extraordinary cure in which medicines had no share, was in the case of a lady from Lincolnshire who applied to me in London some years ago. I was informed that after her return into the country, she had been twice tapped and became so extremely weak as to be looked upon incurable. In taking the air she was thrown with violence from her horse, frightened by a covey of partridges springing from under his feet. She was taken up, in a manner dead; but being carried home revived and voided such incredible quantities of water by urine as entirely removed her disease.

As the water is gradually carried off, a broad flannel roller applied moderately tight round the body will afford relief, by diminishing its cavity, and resisting the future influx of water. A volatile liniment, rubbed in upon the belly once or twice a-day, will also correspond with the same intention by invigorating the internal parts.

When

When the body becomes enormously enlarged, and all other methods have been tried in vain ; *Tapping* is the last expedient to free it from a load of water and render the remains of life more tolerable ; but unfortunately that operation seldom effects a cure ; but on the contrary, the water is found to collect faster after it than before.

The ANASARCA or diffused Dropsy, proceeds from water collected between the skin and flesh, in that fine spongy substance every where investing the surface of the body ; when the cells of this membrane are filled with fat, the skin is plump and smooth ; but where that is wanting, it becomes loose and wrinkled, as in people exhausted by sickness or old age.

This is the part which butchers so frequently blow up, to give their meat a finer appearance ; but for obvious reasons, it is a fordid and odious custom fitter to be allowed among *Hottentots* than a civilized people.

Those

Those recovering from tedious illness are most subject to this kind of dropfy ; particularly if they keep late hours or replenish their weak vessels too fast by full diet. Exposing the body to a stream of cold, damp, night air, or easterly winds, may also give rise to this disorder, by stopping perspiration and confining the watery vapor under the skin ; and which will be most likely to happen when the blood is poor, its circulation weak, and the body in a state of rest.

This complaint generally begins with a watery swelling in the feet and ancles, which retains the impression of the finger, and increases towards night. By length of time it ascends, overspreads the surface of the body, rendering the skin numb and insensible, and if neglected, at last degenerates into a *Dropfy of the Belly*, which thus complicated, for the most part is incurable.

Under such circumstances it will be advisable to make *scarifications* thro' the skin,

on the inside of the ancles or great toes, taking care to support the strength as the water drains off, and at the same time, to guard against a mortification of the scarified parts, by giving *Bark and Nitre*.

Since this disease generally arises from a stoppage of the pores; the most rational method of attempting its cure will be by *sweating* in flannels; not by means of drinking hot liquors, but the exhibition of *Antimony* joined with *Opium*, as at No. 58. One of these powders may be given twice or thrice a-week going to bed, so as gently to raise *sweat*, which may be supported by a spoonful or two of the julep, No. 59.

In due time, as the patient grows cool, her skin should be rubbed with hot flannels, and afterwards dry linen may be put on. During the intervals, the body should be strengthened by *Peruvian Bark* with *Elixir of Vitriol*, *Steel* and *Exercise*; and if the internal parts are sound, the *Cold Bath* will be the most likely remedy to prevent a relapse.

A DROPSY OF THE WOMB may arise from any cause which closes its orifice, joined to a preternatural secretion of that fluid which moistens its internal surface. If the patient is arrived at years of maturity, the Periodical Discharge will also be retained, and occasion a gradual swelling of the belly, creating a suspicion of *Pregnancy*, with which this malady is sometimes complicated.

The water is often contained in small bladders connected with each other, like a bunch of grapes, which have one common stalk adhering to the womb. These may proceed from fragments of the afterburden retained after delivery, or such injuries as destroy the natural office of the womb.

The parts subservient to the womb, viz. the *Ovaria* and those *Tubes* or small canals proceeding from it, are also sometimes the seat of an *encysted Dropsy*, from which the included water cannot be emptied, as when contained in the belly.

That

That Dropsy which is confined to the cavity of the womb, may be cured by the introduction of such a *Canula* or proper tube as will keep its orifice dilated, and allow the contained water to escape. The secretion of urine should at the same time be promoted, and all possible means used to prevent a relapse. A mild, astringent injection may therefore be used twice a-day, to strengthen the weakened vessels; and the belly should be bound with a flannel swathe moderately tight. The patient may also take an infusion of *Peruvian Bark*, with *Bitters*, or *Elixir of Vitriol*, and use moderate exercise as her strength will permit.

CORPULENCY implies such a preternatural enlargement of the body, as renders it of an enormous size. It is sometimes *hereditary*, or may be *acquired* by excess in diet, and want of sufficient exercise to assist the vital powers in carrying on the natural discharges; hence from this disproportion between the supplies, and excretions of the
body

body, a load of juices will be accumulated which renders women corpulent, clogs the movements of life, and shortens its natural period.

The best means to remedy this inconvenience are chiefly in the patient's own power, especially where *Corpulency* is not hereditary. She should take *less Food*, and use *more Exercise*; the body should be kept constantly laxative, and the secretions of *Perspiration* and *Urine* promoted; the first may be effectually answered by frequent Exercise; the last by repeated doses of *Vinegar of Squills*, in the quantity of half an ounce or more as the stomach will allow.

VEGETABLES should constitute the principal part of her diet, among which *Acid Fruits* are proper. Fat, animal food is pernicious; she should avoid cold, moist air, and reside as much as possible in high situations, where it is dry and pure.

C H A P. IV.

S E C T I O N XIII.

Diseases of the Skin, and Glands ; or cancerous Swellings of the Face, Neck, and Breasts.

DISEASES of the Skin particularly those of the Face, being not a little distressing to women, it is requisite to consider their nature and treatment, together with such *Glandular Disorders* as frequently arise from similar causes. I do not however mean to present the Female Reader with *Cosmetics* or beautifying washes, but rather to caution her against their indiscriminate and improper use.

Breakings out on the Skin, were imputed by the ancients to a hot temperament of
the

the liver ; but waving such vague opinions, we may affirm with practical certainty, that they are generally the consequences of *latent Diseases* : They also may arise from a defect in the natural discharges of the body ; either of which will destroy the purity of the blood.

Sometimes they proceed from a particular fault in the fabric or texture of the skin, by which its juices are obstructed, or changed from their sound state, by a vitiated disposition of its vessels or strainers.

The first of these should be regarded as a *general Disorder* which can only be cured or safely treated by *gentle Evacuations*, and *such Medicines as correct and sweeten the blood* ; together with Blisters, Issues, and the like, which may assist in carrying off the offending humours. The last being a *local complaint* may be successfully treated by external applications.

It requires however the utmost caution properly to distinguish the difference of such

Maladies; since an error of judgment has been known to endanger the patient's life: If, for instance, those impure juices, which Nature for her security had thrown out to the bodily surface are suddenly stopped, or driven back into the blood; *Sickness at Stomach, Giddiness of the Head, Hysterics, and Asthma*, or even *Convulsions and Death* have sometimes been the consequence; according to the repeated testimony of medical writers.

Considering the frequency of *External Applications*, the nature of their composition, and little caution with which they are daily used, I have no doubt but many serious effects arise from them, greatly injurious to health, which are either concealed, or imputed to other causes.

In whatever shape Diseases of the Skin appear; the symptoms which preceded or are subsequent, will best discover their true nature, and shew whether they ought to be treated by *internal or external Remedies*.

If

If the patient was sickly and infirm, if she labour'd under *Rheumatic Pains, or Complaints of the Head, Stomach, or Bowels*, before such Inflammation or Erruptions, and of which she is afterwards either relieved, or altogether free; these cutaneous breakings out should then be deemed *truly critical*, or the salutary and effectual endeavour of Nature to purify the blood and relieve the constitution.

In such cases, no Medicines, or external Applications ought to be used, except those which relax the skin, enlarge the pores, and correspond with the intention of Nature. For this purpose, the *Warm Bath*, additional cloathing or fine flannels worn next the skin, and plentiful dilution with *Nitre*, will be proper. Should the *Eruption* suddenly disappear, and the former symptoms return; *Antimonials* in small quantities may then be administered; but such powerful Medicines ought never to be directed without proper advice.

The

The medicated Juices, No. 60, taken twice a-day, by gently promoting the natural discharges of the body, will also be serviceable.

On the contrary, if the patient's habit of body is good, the periodical discharge regular, and the secretions of perspiration, urine and stool, duly carried on ; but particularly, if after the eruption, she finds her health the same as before ; then there is reason to conclude, that such affections of the skin are only local, and therefore may be relieved by *external Applications*. However, where there is the least probability of being mistaken, it will be best to err on the safe side of the question ; *Nitrous Drinks*, and a dose or two of gentle physic may therefore be adviseable during their use.

I have before had occasion to remark, that the *King's Evil*, *Scurvy*, or *Venereal Lues*, give rise to many *chronic Disorders* ; which however different in appearance, from the
 difference

difference of age, constitution, or length of time, may yet be traced up to their original source, a *distempered Blood*.

Where the habit is strong and vigorous, such morbid humors are often thrown on the surface of the body, but when the powers of nature are languid, they are apt to fall on the *Head, Lungs, Stomach* or *Bowels*, producing disorders peculiar to those parts, which cannot be effectually removed, till the cause from which they originate is taken away.

Among Diseases of the Skin none is more intolerable to women than a *red*, or *pimpled Face*; it not only destroys the beauty and delicacy of the finest features, but is generally imputed to a cause not very favourable to their sex: However, it may be said with great truth, that many who are extremely temperate, or even abstemious, are notwithstanding subject to this mortifying complaint.

If the *Redness* is unattended with eruptions, or sharp humors, and only arises from hectic heats, or simple weakness of the blood vessels, it may then be cured by gentle Evacuations, low Diet, the *Peruvian Bark*, and cold Bath. The Patient should abstain from wine, and drink *Imperial Water* at meals, which will keep her cool and laxative. New milk whey clarified, with the addition of *Honey*, and *Crystals of Tartar*, will make an elegant medicated drink, of which she may take half a pint twice a-day, with great advantage.

But on the contrary, where the *Eruption* is manifestly owing to sharp *Scorbutic Salts* which fret and inflame the skin, or at last destroy its glands ; it will then become an obstinate complaint, and can only be cured by *evacuating the offending juices* ; with such diet and medicines as sweeten the blood and render it more soft and balmy.

Here the use of repelling washes would be attended with the utmost danger, as several

veral instances might be adduced to prove that diseases of the head and breast, *Blindness*, *Convulsions* and even *Madness* have been the consequence of driving back offending humors on the Brain and Nerves.

In this place it will be proper to rectify a prevailing error respecting the use of that popular Remedy *Vegeto Mineral Water*, as well as all other preparations of *Lead*, in whatever shape or form. This application, in its own nature, an excellent one, by becoming general is often liable to abuse. I have known one instance where applied, to great excess, it manifestly brought on a *mortification* of the part, by crisping up the vessels and deadening their vital power.

In the dispersion of hard tumors, it does not, like *Mercury*, act by dissolving the stagnating, impacted fluid, as asserted by some, but produces its effect by bracing up the vessels of the part, so as to repel their contents. How far it may be endowed
with

with a *sedative power*, I shall not take upon me to say.

GLANDULAR TUMORS or swellings on the face, neck, and breasts often proceed from a *scrophulous Cause*; or from the relics of diseases terminated by an *imperfect Crisis*; as that of the *Small Pox*, or other eruptive fevers of the malignant kind.

They do not, however, always imply a distemper'd blood; for sometimes they are occasioned by blows, or pressure on the nerves and blood-vessels; a stream of cold air admitted to the part, or acrid, external applications absorb'd, and conveyed by the lymphatic vessels to the contiguous gland.

Diseases of the Glands, especially those of the *Neck* or *Face*, should always be cautiously attended to in their very beginning, lest they become *cancerous* and destroy the patient, or end in a collection of matter, and by breaking leave an *ugly scar*, which during life will carry with it the unwelcome appearance of the *Scrophula* or King's Evil.

That

That such glandular swellings should be owing to the severity of cold, moist air, in parts of the body so much exposed to its influence, is extremely probable; especially since they generally appear in Winter and as far as I had opportunity of observing, are very uncommon in the dry, warm climates of *Italy* and *Portugal*.

Inhabitants of the *Alps*, indeed, especially Women, are subject to an enormous swelling of the throat, called *Bronchocele* from its adhering to the upper part of the wind-pipe. Such tumors have generally been ascribed to their drinking *Snow Water*, or the stony particles with which it is loaded; but more probably they are owing to the intense degree of cold which constricts the glandular ducts and locks up that fluid which ought to pass freely thro' them; otherwise, why should not glands in the arm-pits and other parts of the body be equally affected with those of the throat?

When

When at *Piso* in *Italy*, I remember to have seen a remarkable instance of the *Bronchocele* in the mistress of the hotel : The tumor which was of extreme bulk hung down from under her chin and rested upon her breast, yet to my surprize she appeared perfectly chearful and in good health. Such tumors are not apt to become cancerous. Burnt *Spunge* has been accounted a specific in this disorder.

For a more particular and circumstantial account of the nature and treatment of the maladies under consideration, the Reader is referred to the Fifth Section of this work, on *Schirrous* and *Cancerous* tumors; I shall only here observe, that when *Glandular Swellings* are situated on the Neck or Face, they ought, in the winter season, to be carefully defended from the cold air, by all possible means.

When they become painful and inflamed, no *Mercury* should be internally given, or externally applied; nor should they be tamper'd

per'd with by any thing else that has the least tendency to irritate or disturb them. The patient should lose blood at the arm, live on slender diet, and keep her bowels laxative; her pores should be kept gently open by *nitrous Drinks*, and if necessary to mitigate pain or procure sleep, she may occasionally take an *Opiate*.

I cannot conclude this subject without remarking the extraordinary *effects of Lightning* in dispersing a schirrous tumor of the breast, in a gentlewoman, who from thence received a stroke as she was standing at a window observing a heavy thunder shower: The lightning set fire to the thatch of the house, at the same time, forced the chimney-piece from the wall, and raised the carpet from the floor.

This case was communicated by Dr. Eason of Dublin to Dr. Duncan, and appeared in the fourth Volume of the *Edinburgh Medical Commentary*: It deserves the
attention

attention of the curious, whether considered in a philosophic or medical view.

By some *Experiments* made at *Upsal*, several years ago, it appear'd, that knots or *Ganglions* of the tendons were perfectly dispersed by *Electricity*, which in its nature, as far as we know, is similar to that of *Lightning*. In indurated, glandular swellings of the neck or breasts, I would therefore recommend a trial of its effects, as ingeniously suggested by the author of the preceding, extraordinary case. Besides, several modern instances have occur'd, where *Electricity* has been found an effectual remedy in obstinate obstructions of the *Menfes*.

SECTION

S E C T I O N XIV.

*Influence of the Passions on the Body and Mind;
and Effects of Climates, or sudden Changes
of Weather on delicate Constitutions.*

I N the course of the preceding work, I have had frequent occasion to remark the general influence of the passions, effects of weather, and the salutary power of fresh air, simple diet, and moderate exercise; but as I could not without tedious digressions, sufficiently expatiate on their nature and manner of acting on the body and mind; several particulars *equally applicable, and essential to the health of both Sexes*, were reserved for the subject of this, and the following section.

By the *Passions of the Mind*, is meant, those faculties with which it is endowed, and when naturally exerted, constitute the very *Elements of Life*; but if perverted, or erring in extremes, become destructive to
its

its existence. Thus the extravagance of *Hope* may be exalted into enthusiasm little short of madness ; and excessive *Fear* may sink into despair.

The human body is made up of such frail materials, that they must necessarily decay, and often be put out of order. We are not only subject to pain and diseases, but to irregularities of the passions, and influence of weather ; all which affect the *spirits*, *intellect*, and *memory*, so as to render the same person very different at different times, in thinking, speaking, and acting ; as any one, who is not *robustly insensible*, must naturally discover from his own feelings.

Considering its admirable structure, the number and exquisite fineness of its movements, that in a healthy state, all its parts must conspire to perform their proper office, and that the least failure occasions some disease ; it appears matter of astonishment that we are more than the transitory beings of a day.

The

The periods of human life distinguished by *Youth*, *Maturity*, and *old Age*, are not inaptly compared to the seasons of *Spring*, *Summer*, and *Winter*; each being attended with certain peculiarities which sensibly affect the constitution.

In *Youth* or the first stage of life, the circulating force of the blood being more than equal to the resistance of its vessels, the solids are thrust out and extended in growth. After *Maturity*, the power of the solids and fluids continue nearly equal for several years, and this period constitutes the prime or summer of life. In the last, the quantity and circulating power of the blood is every day diminishing, and in time, overcome by the increasing resistance of the solids, which introduces *old Age*.

Every period has its attendant Disorders; the first subjects the patient to *Fluxes of Blood* from the nose or other parts, in consequence of the stress laid upon the vascular system. *Glandular complaints* and

eruptive fevers, as the *Small-Pox* and *Measles*, also at this time prevail.

In the second, from a vigorous circulation and prevalence of the passions, the constitution is liable to *Pleurisies*, *Inflammations of the Lungs*, and *Consumption*; but where temperance is observed, and the vital parts are naturally sound, this may be deemed the most healthy period of human life: It relieves, or cures some diseases and occasions few; for then *Scrophulous Complaints*, and habitual *Convulsions* have been known to disappear.

In the last period, the limbs become contracted and paralytic; the sight, hearing, and intellect are impaired, from a rigidity of the solids, and defect of circulation. The passions subside, and every vital principle is at last extinguished.

From what has preceded, it follows, that animal bodies continue to grow so long as the blood's circulating power is greater than the resistance of its vessels; and
when

when there is an exact balance between the two, animal growth will be totally at a stand. As age gradually hardens the vessels, they are, at last an over-match for the force of the Heart; *old Age* commences, the circulation languishes, and at last the animal dies.

Perhaps, however, very few can properly be said to die of mere old age; for even the life of *old Parr* might probably have been still prolonged, had he not suddenly changed his air, and manner of living.

Here we may observe, that by a kind of *fatal Necessity*, animal bodies are worn out and destroyed by that very cause which constitutes the principles of life, namely, the circulating power of the blood; and consequently, the number of years to which men may attain, will probably be in proportion to the *velocity of the Pulse*; if so, it will then follow, that such a particular state of constitution as produces the greatest degree of strength and vigor in youth, is not

most likely to prolong life; but on the contrary, that those of weak solids, and delicate habits in their earlier state, grow old more slowly than others; and if the *Viscera are sound*, become for a time, more strong and healthy from the very effect of age.

The gradual, and mechanical change thus produced by age, from infancy to the latest period of life, is continually introducing *a succession of new sensations*, and consequent ideas, which alter the bias, and diversify the operations of the mind; totally abolishing some passions, and putting others in their place. Thus, vanity, indiscretion, and the immoderate love of pleasure, are the unripe product of youth; whilst austerity, scrupulous caution, avarice, and a contempt of pleasure are the surly offspring of old age.

“ Behold the Child, by Nature’s kindly law,

“ Pleas’d with a rattle, tickled by a straw :

“ Some livelier play-thing gives his youth delight;

“ A little louder, but as empty quite :

“ Scarfs,

- “ Scarfs, Garters, Gold, amuse his riper stage,
 “ And Beads and Prayer-books are the toys of age :
 “ Pleas’d with this bauble still, as that before ;
 “ ’Till tir’d he sleeps, and Life’s poor play is o’er.”

A. POPE.

Particular habits acquired by long custom are also found insensibly to gain ascendancy over the most intelligent minds, and to produce very extraordinary effects, to the benefit or prejudice of health ; as well as the moral or immoral tendency of the passions.

The Body and Mind are so disposed by the Author of nature, that they cannot act separately, but are mutually affected *by the sole mediation of the Nerves*, from impressions alternately made on the one or other ; so that the several passions can only produce their effects, whether good or bad, by *increasing or diminishing the influence of these sensible organs on the bodily system*.

When any injury is done to the brain or nerves by external violence, intoxication, or febrile delirium ; the distinct exercise of

the mental faculties immediately vanish, and the whole animal machine is thrown into disorder. On the contrary, although the bodily organs remain perfect and duly perform their functions; so powerful are the mental affections, that *extreme terror*, or *excessive joy* will suddenly disconcert the animal œconomy, and sometimes occasion *faintings*, *convulsions*, or *death*.

This evidently shews, that many dangerous diseases may be produced simply by impressions made on the nervous system, without any morbid change of the blood, except what arises from the consequence of such external affections. It also appears, that those remedies which act by strengthening the bodily system, of which the nerves make so considerable a part, are of all others the best adapted for the cure of their diseases; but what relates to this circumstance, as well as the power of *sympathy* between the *corporeal* organs, and that *sentient principle*

principle which puts them in motion, I have already more particularly explained in treating of nervous Diseases.

If from such violent impressions the most fatal changes are produced ; it must then be allowed that the *Regimen* or government of the passions is highly essential to health, and therefore properly becomes *an object of medical attention*.

The human mind is principally actuated by two different passions ; the one elevates, winds up the spring of the nerves, and as it were lifts it above itself ; such are the effects of *Hope* and immoderate *Joy*. The other, as *Fear* and *Sorrow*, sink it below its natural standard.

Most of the subordinate Passions appear to be compounded of those : Thus the passion of *Love* is made up by a conflict of the whole, as Hope and Fear, Grief or Joy, alternately prevail ; and *Terror* is only a species of sudden Fear impressed with the extremest violence.

Those malignant feelings, or *Demons of the Mind*, for they deserve not the name of Passions, *Envy*, *Hatred*, and *Revenge* require no attention. They ought to carry with them their own punishment, and Scorpion-like, sting themselves to death.

We shall here take a *contrasted view* of the several *dissimilar Passions*, in order to shew their powerful influence on the bodily system.

Hope, or expectation of approaching good, like a sovereign balm, diffuses gladness round the heart, and by acting gratefully on the Nerves increases their power on all the vital parts : It promotes a free circulation of blood, as well as the several secretions depending upon it ; assists appetite and digestion, gives strength and vigor to the limbs, renders the countenance cheerful, and contributes universally to the preservation of health.

Fear, or the dread of future ills, on the contrary, deadens the vital feeling of the
Nerves,

Nerves, retards the blood's motion and diminishes perspiration ; it impairs appetite, depresses the spirits, and particularly disposes the body to receive infectious diseases.

Joy arises from the idea of present happiness, or of having avoided some impending evil. This passion though nearly allied to *hope*, and when moderate, like it, contributes to health, has yet been found, when sudden and excessive, to introduce a kind of torpor or palsy of the nerves ; to suspend the heart's motion, and destroy the patient by a fainting or *mortal syncope*. *Livius* the historian informs us, when *Hannibal* overcame the Romans at the battle of *Cannæ*, where fifty thousand men were slain ; that two women instantly expired with excess of joy, on seeing their sons unexpectedly return, whom they had been inform'd were among the dead.

Sophocles being pronounced victor among the tragic, Grecian poets, was himself overcome

come by a tumult of joy, and forfeited his life to glory. Such also was the fate of the *Spartan Father* who died embracing his son when crowned with conquests at the olympic Games.

Sorrow implies some present calamity oppressive to the *Mind*: It is attended with universal languor, loss of appetite and sleep; giddiness of the head, effusion of tears, with faintings, and by weakening the spring of the Nerves, it suspends their natural secretions. The pulse loses its usual strength, and respiration becomes so difficult, that the patient frequently sighs to relieve himself of a load at the breast. Thus like a *Vulture* it incessantly preys upon the heart, and if not relieved by the *effect of time*, wears out the body and brings it to decay.

Terror is a species of extreme and sudden fear, from the apprehension of instant danger. It acts upon the nervous system with the velocity of electric fire, and so increases
their

their influence on the body, as sometimes to give it a degree of strength and agility almost incredible ; but when this momentary exertion is over, universal languor and faintness succeed.

In the time of surprize, the vessels are strongly contracted, and their blood impelled with such violence, that recent wounds have been forced open and bled a-fresh, an instance of which I have seen. I also knew a lady much irritated and afterwards suddenly struck with *Terror*, from a pistol rashly presented to her breast, in whom the blood instantly gushed from her nose in great abundance.

So vast is the concussion given to the body, in such cases, as to alter the disposition of its strainers, to destroy the balsamic quality of milk in nurses ; and in others to *turn the Hair grey* ; an instance of which happened not long ago at *Hatfield Peveril* in Essex, in a boy who narrowly escaped being drowned.

An ague, palsy, and fits of gout have sometimes been banished from the like cause; and the sudden out-cry of fire in the dead of night, has been known to restore the limbs in those lame and bed-ridden for many years. However strange it may appear, history informs us, that the son of *Cræsus*, who before had been *dumb*, when he saw the King his Father about to be slain in battle by an uplifted sword, cried out with vehemence, *Soldier, hold thy hand, thou kil'st the King!*

These are the formidable effects of *terror*, and if there are instances of their curing some diseases, many more might be mentioned to shew their fatal power, by producing *apoplexy, convulsions, or death*.

Anger, or a sense of injury sustained, produces effects somewhat similar to *terror*, but not in so violent a degree. When this passion is attended with *revenge*, the heart palpitates, the hand trembles, the eyes flash with rage, and the countenance alternately becomes red and pale.

Nothing

Nothing however is more false and inconsistent with the philosophy of the passions than the general opinion that *paleness* always indicates *revenge*, for it is as frequently occasioned by *fear*, *excessive joy*, or exquisite sensibility, as from that diabolical feeling; and it would be easy to prove that the same cause which creates paleness of the face, at one time, might in the very same person, occasion it to become florid at another, according to the degree of strength or weakness then prevailing in the body.

Anger has been observed to occasion profusion of *Bile* with *sickness*, *vomitings* and pain in the bowels. In those of plethoric constitutions, it has produced *Apoplexy*, *Delirium* or *Madness*; but on the contrary, such as were of a cold, phlegmatic temperament and subject to *melancholy*, *dropsy*, or *intermittent fevers*, have sometimes been remarkably relieved by its effects.

The passion of *Love*, of all others, is most difficult to be defined; so various are its

its affections and invincible is its power, according to age, sex and temperament ; or as it is attended by Hope, and Fear, Grief or Joy, Whilst one pines in silence and sits “ like *Patience* on a monument, smiling “ at Grief,” another becomes frantic, and despairing of what alone could make life desirable, is driven to *suicide* and seeks refuge in the grave !

Love, like the infant blossom of the spring fostered by the genial ray, is nursed by indulgence ; but cold indifference or neglect blast the promised fruit, and chill it to death.

Many instances have occurred, where those affected by this bewitching passion, have become *epileptic* and *hysterical*, or fell into a *nervous fever*, *consumption*, or *melancholy* ; and I have known some cases where these diseases, thus introduced, became *mortal* in the conclusion.

In *mutual Love*, when Hope presents her nectar'd cup, 'tis replete with more than the sweets of *Hybla* : Bless'd infatuation, supreme

reme transport, too exquisite for mortal
sense—a banquet for the Gods !

- “ Blest as th’ immortal Gods, is he,
 “ The youth that fondly fits by thee ;
 “ And sees, and hears thee, all the while,
 “ Softly speak, and sweetly smile.
 “ ’Twas this depriv’d my soul of rest,
 “ And rais’d such tumults in my breast ;
 “ For while I gaz’d in transports tost,
 “ My breath was gone, my voice was lost.
 “ My bosom glow’d, a sudden flame
 “ Ran quick thro’ all my vital frame ;
 “ O’er my dim eyes a darkness hung ;
 “ My ears with hollow murmurs rung.
 “ In dewy damps my limbs were chill’d,
 “ My blood with gentle horrors thrill’d ;
 “ My feeble pulse forgot to play,
 “ I fainted, sunk, and died away.”

But when *Despair*, accompanied with his
sad, and sickly train of jealousies, doubts,
and fears, administers his ebon chalice ;
beware the taste—’tis nauseous as the dregs
of gall, and fraught with Adder’s poison !

If such are the injuries brought on the
constitution by irregularity and excess of
the

the passions; how much should it be the care of rational beings to guard against their insults, and oppose their malignant influence with virtuous and becoming resolution?

Happiness and *Misery* are the lights and shades which fill up the outlines in the *portrait* of human life. Every man naturally endeavours to attain one, and avoid the other, but by very different means, and often disproportioned to that end.

We frequently deceive ourselves in the pursuit and enjoyment of our wishes. Extravagance of hope ends in disappointment, and even a series of pleasurable events, at last lose their power. To give them true relish, and make them lasting, the mind must refer to some former, painful sensation.

Thus a person who always possessed health, is scarcely sensible of its value; but when lost, let it again return, and he will bless the means which restored it. None enjoy riches so much as those who have been at great pains to attain them, and have tasted
the

the bitterness of want. He who was always affluent, has no competent idea of former indigence, to contrast such a state and exalt his present enjoyment.

—————“ For it so falls out;
 “ That what we have, we prize not to the worth
 “ While we enjoy it ; but being lack'd and lost,
 “ Why, then, we rack the value ; then we find
 “ The virtue that possession would not shew us
 “ Whilst it was ours”. ————— SHAKSPEARE.

Were our pleasures too exquisite and lasting, they would wear out the body before its time. Every extreme therefore, happily corrects itself, and every evil works its own cure.

If the violent passions harrow up the soul, and disturb its union with the body ; a conscience pure, and uncorrupted, the inestimable reward of virtue, will best reconcile them to each other and cause them to dwell in harmony : That will always speak peace to the mind, whatever the world may say, and shield it from the malignant attacks of slander and abuse.

- “ He that has light within his own clear breast
 “ May sit i’ th’ center, and enjoy bright day ;
 “ But he that hides a dark soul, and foul thoughts,
 “ Benighted walks under the mid-day sun ;
 “ Himself is his own duugeon.”

MILTON.

Whoever is too solicitous about censure, fame or the possession of temporal enjoyments, will seldom find repose : An ungracious look from his superiors, or unmerited insolence from those below him will vex and discompose him. If he is ambitious, he must feel the bitterness of disappointment ; if anxious for long life, a coffin or shroud, the apparatus of Death, will alarm and appal his senses ; while he who beholds those mortal calamities with a philosophic eye ; who is neither weary of living, or afraid to die, will find in himself inexpressible calm and repose.

In a word, the *Government of the Passions* is as essential towards preventing diseases of the mind, as *Temperance* contributes to hinder them from attacking the body.

That

That man ought to be deemed richest, who is happiest ; and he is most likely to become so, who, with a virtuous resignation is prepared for the unavoidable evils which flesh is heir to ; who expostulates with the folly and extravagance of his own desires, and although a hard task, at last convinces himself that what he likes best, is not always best for him ; who preserves a decent equality of mind, is not arrogantly elated with the delusive smiles of *Prosperity*, nor servily cast down by the furlly visage of *Misfortune*.

The different seasons of Spring, Summer and Winter, have also a manifest influence on the body and mind. In Spring, animal, as well as vegetable bodies experience a kind of resuscitation ; the nerves are invigorated, and pleasurable feelings irradiate the body and mind ; but when the autumnal leaves begin to fall, they are overshadow'd by melancholy gloom

and all their dīlectable ſenſations are chilled and reverſed. The celebrated poet *Milton* was a remarkable inſtance of the truth of this aſſertion ; for we are told, his fancy made the moſt elevated flights in the Spring. His imagination in ſeveral parts of his *Il Penſeroſo*, *L' Allegro*, and *Maſk of Comus*, are fraught with celeſtial fire ; whiſt at other times he ſcarcely comes up to cold mediocrity.

Another cauſe of *morbid change* in human bodies ariſes from the noxious qualities of air peculiar to certain ſituations tending to produce diſeaſes called *endemia*, as *Agues* and *Droſſies* ; or ſuch as prevail with violence at particular ſeaſons, namely, the *Influenza*, *malignant Fever*, or *Plague*, which are termed *epidemical*.

It will not here be requiſite to call in the aſſiſtance of *Phyſic* or *Philophy*, to prove the effects of different climates, and alterations of weather on human bodies, eſpecially in thoſe who are delicate and infirm. The great difference experienced by our
feelings,

feelings, from sudden changes of the atmosphere, even in the space of a single day, or hour, will more powerfully confirm the reality of such effects than all the reasoning in the world.

Popular Diseases, as well as bodily habit, and natural temperament in people of different nations chiefly depend on particular situations occasioned by the soil, air and water peculiar to each.

We know that transplantation changes both the shape and quality of some *vegetables*, and that particular *animals* lose their native temper when transported to other countries. The phlegmatic disposition of a *Dutchman*, or half frozen, insensible constitution of a *Laplander* might be thawed, and mellowed down into more pleasurable feelings, by the warm, delightful climates of *Italy* or south of *France*.

Influenced and animated by the air, and manner of living prevailing among the natives, he would, like them, delight in mirth,

in music and society; and from the same cause, an Englishman, at Paris, would perhaps be more than equal in vivacity to a Frenchman in London. Men would not therefore pertly presume on the superior excellence of their bodily, or mental faculties, did they only consider how accidentally they came by them.

Instead of accounting for many diseases, on such principles, and applying remedies suitable to their cure; namely, those which may be taken from the regimen of *Air, Diet* and *Exercise*, assisted by *simple Medicines*; it has been the custom, to impute diseases to occult qualities, or look at a great distance for their causes; as well as to ransack the east and west Indies for expensive medicines, whilst nature has presented us with innumerable vegetables equally salutary at home, growing in gardens, or negligently trodden under our feet in the open fields, whose virtues are insufficiently attended to, and whose only fault is, their being too cheap and easily obtained.

Very

Very considerable changes on animal bodies are likewise produced from the mediation of the atmosphere, by the *Sun* and *Moon*, according to Dr. *Mead*, who has professedly treated on their influence.

Sir *Isaac Newton*, whose illustrious name will be revered through the world, to the end of time, has clearly demonstrated how, by the united and separate force of the *Sun* and *Moon* all the varieties of the tides may be accounted for. The waters of the ocean, and air of our earth are fluids subject, in degree, to the same laws of motion ; and if the sea is agitated by the influence of those planets, so likewise will that ocean of air surrounding the earth be elevated to a considerable height by their attraction ; especially, when they arrive at its *meridian*.

Agreeable to this observation, *Seamen*, *Shepherds*, and those whose interest is connected with changes of weather, and constantly reside in the open air, observe there is generally a breeze of wind about *Mid-*

day and *Mid-night*, although the atmosphere before that time had been still and calm.

By this ebbing and flowing of the sea, and air; winds and tides are produced, which agitate and preserve those fluids in their original purity, without which we could not exist.

The changes of air at *New* and *Full Moon*, especially a little before the *Vernal*, or after *Autumnal Equinoxes* have considerable influence on the health of all animal bodies. At this time, storms and tempests generally prevail; the air is rendered too light, and being insufficient to blow up the lungs, the blood cannot pass freely through them; hence difficulty of breathing, and palpitation of the heart, attended with sleepiness and oppression.

Besides this cause of variation in the constitution, there is another equally prevalent, *viz.* a considerable quantity of air is contained in our blood, which is expanded by *Heat*, and condensed by *Cold*. This air will
always

always preserve an equal ballance with that pressing on the surface of our bodies. In summer the veins are large and tumid, in winter small and contracted ; and this can only happen by the contain'd air in the blood, taking up a larger, or smaller space, according to the degree of heat existing in the body ; for the quantity of blood, at both seasons, is precisely the same.

Farther to illustrate this matter from bodily feelings ; let those of weak habits, and great nervous sensibility, recollect how they have been affected before a Thunder-Storm, independent of fear, when the *Air* is rarified and rendered preternaturally light, to an uncommon degree ; and how immediately they find relief by the sudden deluge of rain falling soon after, which, by cooling and condensing the air, gives it sufficient weight to counteract and repress the internal air, as well as more effectually to blow up the lungs.

In

In this conflict of the atmosphere, when the air is over-heated, they are not only half suffocated, like fishes out of water, and brought from a heavy, into a lighter element; but are sometimes seized with head-aches, vomitings, or bleeding at the nose, and universal tremor, from the *sudden Expansion of the Air in the Blood*, and the uncommon stress from thence laid on the vascular and nervous system.

Thus animals die in the exhausted receiver of the air-pump, for two reasons; first, because they cannot exist when deprived of air, the motion of their lungs being then shut up; next, because the blood-vessels will be torn asunder by the expansion of the included air, when the counter-pressure of the surrounding air is taken away. In consequence of the same cause, a withered apple placed in the exhausted receiver, becomes plump and fresh like one just plucked from the tree.

It

It appears by experiments, that animals in the exhausted receiver of the air-pump, are sensibly relieved by *voiding particles of air* from the surface of their bodies. In order, therefore, to restore that ballance between the external and internal air so essential to the well-doing of such bodies; it is extremely probable, there is a free communication between them; *viz.* when the external air is light, a certain quantity of internal air escapes through the pores, lest it should burst the vessels, for want of sufficient counter-pressure from the outward air; and, on the contrary, when the external air suddenly becomes too heavy, part of it insinuates itself into the blood, to preserve a due ballance, and lest the body by sustaining an uncommon outward pressure should be destroyed.

This property of discharging Air from *vegetable bodies*, and absorbing it again, has been demonstrated by Dr. *Hales*; and I see no reason why it may not be so in animals;

for

for if it had not admission into, as well as out of the body, by its several pores; the ballance between the external and internal air could not be so soon restored.

In warm, damp weather, before rain, when mercury in the *Barometer* falls; those of delicate habits perceive an unpleasurable sensation; the body is indolent, and the mental faculties less acute. The flesh is perceived to bloat and swell; they have aches and pains in different parts, pinchings in the bowels, and sometimes a diarrhæa. They complain that the weather is dull and *air heavy*; whereas it is just the contrary, for the air having now lost its *natural gravity*, produces a sense of weight and oppression in the body; so that we fall into an *error*, by applying that to the air, which is only the result of our own feelings, from its undue external pressure.

Before rain, nervous influence is considerably weakened; the body is listless and inactive, and the skin contiguous

to old sores which had been healed, becomes livid, from a stagnation of blood in the cutaneous vessels.

Exercise is the best preservative against the malignant influence of weather; for by promoting a free distribution of blood, and increasing perspiration, the bowels and internal parts will be relieved from a load of obstructed humors, which would otherwise be turned upon them.

The relief perceived by an *escape of Air* from the body, when its vessels are full and turgid, manifestly point out the advantage of the cold bath, low diet and cooling regimen, with the use of *Peruvian Bark* and *Acids*; and also shew, why an increase of *Perspiration*, as well as all the natural discharges, will at such times become beneficial.

The air on the tops of very high mountains being too thin and light, occasions difficulty of breathing and sometimes the bursting of blood-vessels in the lungs or
weaker

weaker *Viscera*; especially when violent efforts of body in gaining those vast heights are superadded. This ought to be a caution to those, who in the eager pursuit of pleasure and fine prospects, might, otherwise, be forgetful of their own safety.

In ascending that beautiful and immense mountain the *Wreken* in *Shropshire*, I was sorry to want a *Barometer*, by which more fully to ascertain this matter; for the lightness and weight of air may be accurately determined by the falling or ascent of Mercury in the tube.

From what has been said, it follows, that when the natural ballance between external and internal air is destroyed in the human body, many temporary changes must happen, according to various alterations of weather, the moisture or dryness of the atmosphere, and its degrees of heat and cold, which will create unpleasurable sensations hardly to be described.

When

When the weather is intensely cold, the weight of external air pressing on the bodily surface may compress and overpower that within, and so repel blood to the *Heart* and *Brain* as to occasion sleepiness, stupor, and death, by a total stagnation ; as hath frequently been observed in climates uncommonly severe ; and more particularly where the elastic force of internal air is lessened by a scorbutic habit, or other putrid diseases. The reason why most people sleep better in the country seems chiefly owing to the freshness and greater gravity of the air acting externally on the body.

Many curious instances might here be brought to shew the remarkable effects of *Lunar Influence* in diseases of the brain and nerves. *Epileptic Fits* most frequently occur at *New* and *Full Moon* ; and madmen are then more violently affected with frantic ravings.

Periodical

Periodical head-aches, as well as *fluxes of blood* from the nose, lungs, or other weak parts, also happen more uniformly at this time than any other, especially about the *Equinoxes*, when the influence of this planet is considerably increased; or where other accidental causes concur; as the violence of passion, summer heats, the use of mercury, or immoderate exercise; all which lay an additional stress on the blood-vessels. Hence also *Apoplexy*, or other violent diseases, which probably might have been prevented by *bleeding, evacuations*, and a *cooling, spare diet*.

Dr. *Mead* mentions several patients, in whom the epileptic fit returned regularly at *New* and *Full Moon*; particularly, in a girl, which afterwards kept its periods regularly with the *Tides*. Dr. *Pitcairn* also speaks of a violent convulsion of the arm returning periodically twice a-year, viz. in *March* and *September* at *full Moon*, near the vernal and autumnal *Equinoxes*.

The

The *Equinoxes* are particularly unfavorable to the unhealthy and consumptive : At this time, according to *Sanctorius*, the vital powers of the body are uncommonly languid, and all its natural discharges suspended, especially that of *Perspiration*. Irregularities of the passions, errors in diet, or other causes then concurring have therefore been observed to produce dangerous diseases.

More people die in *March* and *October* than in any other two months during the year ; the principal reason of this extraordinary mortality seems owing to sudden changes of weather at those seasons. The solids cannot without violence and pain, accommodate themselves to the quick transitions in the temperament of air, from one extreme to another.

At all times, when the atmosphere is moist and light, or abounds with noxious vapors ; it will be proper to avoid the

morning and evening air ; the first is cold, and unfriendly ; the last replete with damps which in some particular mineral soils, or near stagnating, putrid waters, are loaden with baneful qualities. At such times it will also be eligible for the weak and valitudinary to retire from low situations, for those more dry and elevated, which are fann'd by fresh breezes, and to use exercise which will give strength and vigor to the constitution.

Changes of air, as to its *gravity* and *lightness*, or the degrees of *heat* and *cold*, *moisture* and *dryness*, may all be known from those elegant and useful instruments the *Barometer*, *Thermometer*, and *Hygrometer* ; from which many useful indications may be taken, relative to the preservation of health.

Other planets of the first magnitude, as well as the *Sun* and *Moon*, influence the human system ; not in any supernatural or
incom-

incomprehensible manner, but solely by the mediation of our atmosphere, conformable to the stated and universal law of nature.

F. Hoffman, who regularly kept a *Journal of the Weather* for ten years; and whose integrity was equal to his medical knowledge, solemnly asserts, that very great and remarkable changes of the air were brought about by the appearance of the larger Planets; for which, as well as the whole of what has preceded, I would make the following deductions, *viz.* That the *Planets* influence the atmosphere, which in its turn produces manifest changes in the human body; that the disposition of the bodily organs communicates corresponding changes to the mind, and that the mind is the principal agent which governs and directs the moral conduct of men, upon the propriety of which, their prosperity chiefly depends.

In this frail and transient state, the human system is subject to an *inclement atmosphere* without, and the *violent Passions* within; it may suffer from *Intemperance*, the *advance of Age*, and prevalence of *injurious Habits*, so as to render it more instable than the *Weather Glass*, and in a perpetual state of change, from the cradle to the grave.

Well may human life, thus surrounded and assail'd by a train of unavoidable calamities, be compared to a *fleeting Shadow* which never continues in one stay: Like the unballasted bark in a troubled ocean, it becomes the sport of winds and tides, and without the aid of *Religion*, *Reason*, and *Philosophy*, is in continual danger of being swallowed up and lost!

I cannot better conclude this Section on the influence of the passions, and instability of human life, than in the words of that divine, and ever-living Bard, *Shakspere*

peare who thus holds up the mirror to the face of Nature.

“ Reason thus with Life ;
 “ If I do lose thee, I lose a thing
 “ That none but fools would reck ; a breath thou art,
 “ Servile to all the *skyey Influences* ;
 “ That do this habitation, where thou keep’st,
 “ Hourly afflict ; merely, thou art Death’s fool ;
 “ For him thou labour’st by thy flight to shun,
 “ And yet run’st tow’rd him still. Thou art not noble ;
 “ For all th’ accommodations that thou bear’st
 “ Are nurs’d by baseness. Thou art by no means valiant ;
 “ For thou dost fear the soft and tender fork
 “ Of a poor worm. Thy best of rest is Sleep,
 “ And that thou oft provok’st, yet grossly fear’st
 “ Thy Death, which is no more. Thou’rt not thyself ;
 “ For thou exist’st on many a thousand grains,
 “ That issue out of dust. Happy thou art not ;
 “ For what thou hast not, still thou striv’st to get ;
 “ And what thou hast, forgettest. Thou art not certain ;
 “ For thy Complexion *shifts to strange effects*,
 “ *After the Moon*. If thou art rich, thou’rt poor ;
 “ For, like an Ass, whose back with Ingots bows,
 “ Thou bear’st thy heavy Riches but a journey,
 “ And Death unloads thee. Friend thou hast none,
 “ For thine own bowels, which do call thee Sire,
 “ The mere effusion of thy proper loins,
 “ Do curse the *Gout*, *Serpigo*, and the *Rheum*,

“ For

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- “ For ending thee no sooner. Thou hast not
youth, nor age ;
“ But as it were an after-dinner’s-sleep,
“ Dreaming on both ; for all thy blessed youth
“ Becomes as aged, and doth beg the Alms
“ Of palsied Eld ; and when thou’rt old and rich,
“ Thou’st neither heat, affection, limb, nor beauty,
“ To make thy riches pleasant !”

SECTION

S E C T I O N XV.

*The Salutary Power of Air, Diet, Exercise,
and Simple Medicines, in the Prevention,
and Cure of Chronic Diseases.*

WE shall now proceed more particularly to consider the nature and qualities of *Air, Diet* and *Exercise*, as well as their salutary effects in the prevention and cure of *Chronic Diseases in both sexes*; especially when assisted by mild and *simple Medicines*.

Fresh, *pure Air* is more essential to life, even than food taken into the body for its subsistence; for animals will live a long time without nourishment, but when depriv'd of air, they perish in a few moments.

It is not necessary to enter into a minute disquisition of all the properties of air: Its lightness, and gravity; its compressibility, and power to expand, have all been accu-

rately described by natural Philosophers, and satisfactorily demonstrated on the *Air-Pump* and *Barometer*.

This element is always found to partake of the nature of the neighbouring *soil* and *water*, and is more or less healthy according to the situation of particular places. The human constitution will therefore be variously affected by its qualities, whether good or bad; for it is not only continually taken into the lungs by breathing, and largely mixed with our food, so as to make a part of the animal system, but is also continually pressing on the surface of our bodies, according to its different degrees of gravity.

The steam proceeding from fresh, pure earth turned up by the plough or spade, has been found extremely refreshing to those of weak lungs, and consumptive habits; and on the contrary, mineral exhalations where mines abound, have been observed to blight the contiguous grass and vegetables; consequently, it must be highly noxious to animal bodies.

Of

Of all metallic substances, that we know, *Iron* seems the least injurious to *vegetable* or *animal Bodies*, for it enters largely into the composition of the first, and the last contain a small quantity of it, as appears by the attraction of the load-stone, when applied to their ashes,

Some liquors can only be *brewed* to perfection in particular places, which local peculiarity equally contributes to the production of bright and vivid colours, in the art of *dying*; and even the high temper of *Steel* derives much of its excellence from the qualities of *Air* and *Water* in certain places.

It is not less extraordinary, that liquors in a state of fermentation, are immediately turned sour from the sulphureous effluvia with which the air is impregnated by *Lightning*; and if such are the effects of air on fluids in general, we need not wonder that, by altering the blood and juices, they should become the *cause* or *cure* of *diseases*,

By *pure Air* is meant, that perfectly free from the noxious effluvia of *Metals*, and corrupted steams of *vegetable* or *animal* bodies ; and that which is neither too *hot* or *cold*, *moist* or *dry*, may properly be called a *temperate air*. The immense body of this element, by the effects of heat and cold, is alternately expanded and condensed, so as to keep it in continual agitation, by which its purity is providentially preserved. Hence the great unwholsomeness of sudden calms or heavy rains, after long droughts, as those called *Monsoons* ; and of a sudden thaw after severe frosts ; for then, colds, sore throats, fluxes of the belly, and diseases of the putrid kind are known to prevail with great violence.

In the last section, and in treating of consumptions, I have remarked that the air of particular places has pernicious effects on animal bodies ; on the contrary, it cannot be doubted, but that which is *temperate* and

pure,

pure, must contribute to the preservation, and recovery of health.

The qualities of *Dew*, which is nothing but water impregnated with such *animal*, *mineral* or *vegetable* substances as arise in vapor from the earth, afford the best means of ascertaining the *local Purity of Air, and Water*; joined to the customary *Longevity* of the inhabitants in such places.

This is a circumstance of the utmost importance to those who propose raising buildings where they mean to reside, which however magnificent, will afford little enjoyment to the possessor, if health, the principle source of happiness is taken away.

Rich soils lying low, and near the marshy banks of lakes, or large rivers, exposed to the Sun's heat or south-west winds, are extremely unwholesome; the air of such places being damp and loaded with corrupted steams of animal and vegetable bodies, which there rot and are dissipated in putrid vapor. Such situations will dispose

pose the body to a lax, bloated, scorbutic habit; to nervous disorders, agues, a dropfy, consumption, fluxes, and putrid fevers. As *Milk* is soon turned sour, and vegetable infusions presently become stale and musty, in a warm impure air; so the animal fluids may be corrupted from the like cause.

Thus Air replete with the stench of dead whales, swarms of locusts, or human bodies remaining long unburied on the field of battle, have been known to produce the *Pestilence*; which shews the necessity of excluding *all burial grounds from great cities*, where the dead would become offensive to the living. The overflowing of the *Nile*, succeeded by hot weather and southerly winds, generally brings the *Plague*. The air of *Rome*, *Piso*, and *Amsterdam* is extremely unhealthy at particular seasons; and sickness, or health among the inhabitants of *Egypt* keep regular periods with the winds.

The best *Preservative* against putrid diseases of every kind, are *Peruvian Bark* and
Acids,

Acids, with a *Vegetable Diet* ; taking care at the same time to promote the secretions of perspiration, urine, and stool. A decoction of tamarinds with cream of tartar, may frequently be taken to keep the body laxative ; and to promote urine, or perspiration, nothing will exceed the good effects of *Nitre*, and *Mindererus's Spirit*, or *camphorated Vinegar*. On such occasions *Old Hock*, *Rhenish*, or *Madeira*, are preferable to all other wines.

Elevated situations in chalky or gravelly soils, open to the east or north winds and near the rocky banks of pure, running streams, however severe the air may be, are by far the most healthy in autumn, or the heat of summer ; for the inhabitants of high lands are observed to be more alert and strong than those residing in valleys, where the air is moist and mild. In the first it braces and invigorates the body ; in the last, relaxes and deadens its vital power.

For,

For, the same reason, heaths, and open commons overspread with sweet smelling shrubs, where the air is fresh, dry, and as it were *medicated*, are generally found to be healthy; but in wood-land inclosures, where it is damp and confined; complaints of the bowels, rheumatisms, agues, and dropfies frequently prevail.

Air has a dissolving power upon *Water*, which is considerably increased by *heat*; and this is the reason why south or western breezes, which blow over those immense tracts of water, the *Mediterranean* and *Atlantic Oceans*, are replete with moisture; and consequently relax and weaken the body.

Moisture or *Water*, thus combined with *warm Air* is rendered visible, when condensed into drops on the surface of bedchamber windows, by the sudden accession of external cold; and fogs are nothing but water decomposed or separated from the air which dissolved it.

As

As *Vegetables* cannot grow without air ; so neither can *Fermentation* go on, or that process of kindling up the sparks of *animal life* in hatching eggs be compleated without it. I have elfewhere observed, that living creatures cannot long furvive, or *Flame* fubfift, without a constant fupply of fresh air, which therefore may properly be faid to contain an *enlivening fpirit*.

If, for instance, a lighted taper is put under a bell-glafs fo clofely fixed as totally to exclude the outward air, the flame will continue a longer or fhorter time, in proportion to the quantity of air contained ; and it may be observed gradually to burn more languidly as the vivifying fpirit of air is deftroyed or exhausted ; till at laft the flame is totally extinguifhed, altho' the taper is not burnt out.

Juft fo this *Element* contributes to feed the *Lamp of Life* ; and when its natural
 qualities

qualities are destroyed by the breath and perspirable matter exhaling from animal bodies, it becomes highly pernicious, and destructive to health. Hence may be seen the necessity of avoiding warm, moist, confined air; the great advantage of sleeping in lofty, open, bed-chambers, daily ventilated by fresh breezes, and of choosing healthy situations for our place of constant residence.

By DIET is meant our food, or meat and drink taken into the stomach for nourishment, which being digested, and rendered *chylous or milky*, at last enters into the composition of flesh and blood: They may therefore be considered as the very *Elements* which constitute the substance of animal bodies. Hence, many changes from sickness to health, may gradually be brought about by *food of different qualities*, adapted to the nature of particular diseases, which
could

could not so easily be effected from medicinal substances ; for, the first is continually received into the body in large quantities, and constitutes the very elements of its existence, but the last are only given by grains, and scruples, for weeks or days.

Such a salutary change may rather be expected, because, many substances are found to retain their natural qualities, in a considerable degree, after being digested and transmitted into the blood. Thus *Turpentine* and *Asparagus* will affect the smell of urine ; *Madder root* constantly taken with food will *tinge the bones red* ; and *meadow garlick*, or *elder leaves*, on which cattle have accidentally fed, will communicate to their milk, a strong, disagreeable flavor.

Both *animal*, and *vegetable bodies* originate from slender beginnings : The bulk super-added to the body of an infant, 'till it advances to the utmost period of growth, is all derived from the nourishment of its meat and drink ; and the *acorn* unfolds its

stamina, and gradually becomes an *Oak* by juices borrowed from the Earth.

In what manner *aliment* becomes *chyle*, is ripened into blood, and converted into bodily substance, has been fully shewn in treating of digestion, page 187; but how nutritious matter, which before was senseless and inert, at last becomes transubstantiated, and endowed with *intellectual Feeling* in the Brain and nervous substance; how that feeling is so diversified in different senses of the body, as by means of the same organ, *viz.* the Nerves, to see in the *Eye*, hear in the *Ear*, and taste in the *Tongue*, is rather matter of astonishment than investigation.

In the cure of diseases, *Pythagoras* preferred regimen in diet, chiefly of the *vegetable kind*, to the use of medicines; and determined the choice of its nature and quantity by the nicest rules of temperance. *Asclepiades*, the famous Bythynian physician also founded his practice on diet, and exercise; and we find that *dietetic* and *gymnastic* institutions

institutions so much prevailed among the ancients, that they cured many diseases, of the *chronic kind*, with little assistance from medicines.

The *Regimen of Diet*, should not only be adapted to particular ages and constitutions, but also to the nature of climates, and degree of the patient's exercise. When the quantity is too great, the vessels will be over-loaded, and the body oppressed; if too small, it will waste and decline.

Excess impairs the distinct use of the reasoning faculties, and renders the perceptions of the mind more dull and unfit for study or deep meditation. In a word, *whatever destroys the due ballance between the solids and fluids will produce sickness and diseases*; so that either very high or low living may injure health, but of the two extremes, the first is infinitely most common, and productive of greater danger; since the several instances of *Longevity* are chiefly to be found among those who live on *spare and simple*

diet. On the other hand, men who live intemperately, and fill their vessels, even to the extreme of bursting, frequently die before their time, of *apoplexies* or other violent diseases.

The good effects of temperance are acknowledged by all, but duly regarded by few.

He who means to be a *rational Epicure*, and to exalt the pleasure of eating beyond the reach of a sensualist, should eat with *simplicity* and *moderation*, for then only, he *will taste with his natural appetite*. If rich sauces, and high seasoned dishes are grateful to some, such do not possess the genuine palate of nature, but one which is depraved; for children and young people disrelish all such aliment, and never grow fond of it, till their taste is vitiated by habit and bad example.

Thus when the food and palate are both in their natural state, the relish is high, and the body duly nourished; but when by the
arts

arts of compound cookery, the first is deprived of its soft, balmy quality, and rendered almost *caustic* by salt, cayan-pepper, and other high seasoning, it stimulates the languid appetite, turns round the wheels of life too rapidly, and wears out the body before its time. Whereas, those who abstain from much wine, spirituous liquors, or hot spicy aliment, acquire an exquisite degree of delicacy in the sense of tasting, and in general are much longer lived.

If the qualities and taste which things naturally possess are right; those communicated to them by the too officious hand of art, must surely be wrong. The cool, refreshing *melon*, a native of scorching climates, intended to quench thirst and allay heat, is often robbed of its genuine properties by a profusion of pepper; and *acid fruits*, which would strengthen the stomach and resist autumnal putrefaction, are lost in the taste of sugar,

Thus the beneficent simplicity of nature is superseded by customs which luxury has introduced ; and it must be confessed, with regret, that in the affairs of human life, many are more guided by the example of others, than by reason, or their own understanding ; and, indeed, there is nothing so ludicrously absurd, that will not derive sanction from custom, and the prevailing fashion of the times.

In fixing a standard for *Temperance*, our own feelings, or even the custom of the place, would be very insufficient guides : We should rather observe, in what degree of vigor and perfection animal life is supported among such of the poor as live on the most simple fare, and in a manner conformable to nature.

If many of the *Irish*, with *milk* and *potatoes*, enjoy perfect health, and exercise all the faculties of body and mind ; if the *Persians*, who were a brave and warlike people, subsisted chiefly on *bread* and *cresses* ; and
 whole

whole nations, who seldom eat flesh, but only *rice* and *fruits*, live long and healthy ; we might in this country, subtract largely from our *full, animal diet*, and with great advantages to the constitution. When imaginary wants are discarded, real ones will soon be supplied. We should endeavour to distinguish the instinctive calls of Nature, from the artificial cravings of a depraved appetite. A whimsical palate is a troublesome companion, and makes much larger demands than is its due. If the stomach refuses natural food, it ought to do penance and be starved into compliance.

General rules, however, respecting *diet* must always have their particular exceptions, according to the different constitutions for which they are directed. *Vegetable food* is less nourishing and more flatulent than that of the *animal kind* ; but it resists putrefaction, and is most proper for those of strong, bilious habits.

How far the constitution may be changed by vegetable diet, is evident in those who have been cured of *inveterate scurvies* by the plentiful use of *fresh vegetables*, and *pure water*; and instances are not wanting, where even the irascible passions have been, in a great measure, subdued by the same means.

Aretæus mentions the cure of a *leprosy*, by total abstinence from animal food, and the constant use of vegetables, in those afflicted with that loathsome disease; who, from fear of infection, had been abandoned by society, and driven out into desert places.

Pure water, a *simple medicine* of sovereign efficacy, is that elemental fluid designed by Nature for the nourishment of all bodies, whether *animal* or *vegetable*; it softens the food in the stomach, attemperates corrupted bile, dissolves the sharp salts and rancid oils, and washes them out of the body by the secretion of urine. How superior is this inestimable liquor, gushing from the pure bo-
som

from of a rock, as from the cellar of Nature, to all the artificial compounds which luxury, or human invention can devise.

The sickly stomach often thirsts after a draught of the crystal spring, as the greatest cordial, whilst it nauseates the richest wines. Indeed, wine, beer, and all other made liquors, are only water sophisticated with different proportions of oil, salts, and sulphurs, so altered by *fermentation*, as to set their spirit at liberty, which then taken into the body, produces a *narcotic effect* on the nerves, and occasions intoxication.

I am far from supposing that those liquors can never be beneficial ; and would only infer, that they are often prejudicial by abuse, that they only become necessary from custom, that they ought to be used with great moderation, and rather as *cordials* than *common drinks*.

That water is best which is perfectly clear, insipid, light, and which will instantly lather with soap ; but clearness is not so
certain

certain a test of goodness, as its lightness ; for the petrifying spring at *Knaßborough*, loaded with stony particles, is extremely limpid. *Distilled water*, or that which has passed a *filtering stone*, is purest ; and its lightness may be determined by the *Hydrometer*.

Water-Drinkers, and those who chiefly live on *vegetables*, are observed to be more healthy, and long-lived than others : In such, the faculties of the body and mind are more strong ; their teeth more white, their breath is more sweet, and their eye-sight more perfect, than in those who take fermented liquors, and much animal food. They are less subject to the *Gout*, *Gravel*, *colic*, or *scurvy* ; to *hysterics* or *apoplexy*, and acute diseases in general.

Quadrupeds, living on flesh, are fierce in their nature and the exhalation from their bodies is putrid and offensive ; whereas cows, sheep, and other animals, which feed
on

on herbage, are much more gentle ; their breath is sweet, and their excrement almost inodorous.

From what has preceded it appears, that *much animal food* is unwholesome ; especially to those of *bilious habits*, in warm, moist weather ; it will load the body with *rancid oils*, spoil the sweetness of breath, render the several discharges more offensive, and dispose it to diseases of the putrid kind ; which may best be prevented, or cured by vegetable, ascescent diet, a total abstinence from fermented liquors, and the liberal use of *pure water*, with fresh orange, or lemon juice.

Ripe fruits, infusion of inner bark of the elder tree, green pine tops, and dandelion root, are all *simple medicines* of the powerful kind : they abound with a vegetable dissolving soap, and will be highly beneficial to those of gross habits, inclined to scurvy, dropsy, or diseases of the liver.

Bentikoe,

Bentikoe, near a century ago, bestowed extravagant encomiums on the use of *Tea*, but like a true medical enthusiast, erred in the extreme, since daily experience shews it pernicious to people of *lax solids*, and *weak nerves*. The internal flutter which it often occasions, especially *Green Tea*, and its remarkable effect in *preventing sleep*, shew that it makes some peculiar impression on the nerves. However, used in moderation, with a large addition of milk, I believe it will seldom do harm.

Sugar is not so pernicious as some have imagined. It may be obtained from *vegetable juices*, as well as *animal fluids*: It abounds in the skirret, red beet-root, and other plants; and fresh new milk whey, in Summer, affords a considerable quantity.

Vinegar, than which a more sovereign, *simple medicine* is not to be found, but being cheap, and at every one's service, it is often disregarded, to make way for things of higher price, and inferior efficacy. Moderately

derately taken, it assists digestion, cures head-ache, strengthens the nerves, and powerfully resists putrefaction.

Every animal is surrounded with its own atmosphere, consequently the cleaner such bodies are kept, more pure and wholesome will be that *Air* which is constantly taken into their lungs; a circumstance of more moment to health than is generally imagined; for *putrid fevers*, and *jail distempers*, equal in malignity with the plague itself, are chiefly occasioned by nastiness and corrupted air.

Nothing can be more grateful and refreshing to the stomach in a morning than a draught of pure, cold, spring water, after washing the mouth; it cools and attemperates the blood, and resists that *putrid tendency* which prevails after rest and long fasting. *Platnerus* wrote an incomparable treatise on diseases proceeding from want of cleanliness; and I would wish it to be remarked,

marked, that nothing ought to be considered as trifling that has the least tendency to preserve health.

Early rising, particularly in summer, also contributes greatly to health, pleasure, and convenience ; for in the morning, the body is more active, and the faculties of the mind more distinct and clear. We might here add, that going soon to bed has likewise its peculiar advantages, notwithstanding the joys of twelve o'clock ; even plants themselves have a kind of unconscious repose ; which did not escape the attention of that *Immortal Poet*, whose comprehensive soul was familiar with all Nature, who peep'd into the bottom of a cowslip, for the “ cinque-spotted crimson drops ; and saw the “ winking marybuds begin to ope their “ golden eyes” at the glorious Sun’s approach.

An *over-lax* or *tense* state of the solids, as well as a depravity of blood, are productive of many diseases, all which may be relieved
by

by the effects of *diet* and *exercise*. Abstinence or rest relax the solids, and dissolve the blood ; and pure water, with *nitre*, contributes to the same end. Agreeable to this observation, the blood of labouring people, who have strong solids, is rich, thick and florid ; whilst that of the weak and sedentary, is pale, crude, and watery : Therefore exercise, dry air, the Peruvian bark, steel, and cold bath, will brace up the fibres and enrich the blood.

Much *salt* taken with food is extremely hurtful, for it communicates to the blood a *briny acrimony*, destroys the taste, hardens the fibres, produces scurvy, and hastens old age. Plentiful dilution with soft, pure water, is an effectual remedy for such complaints.

A fresh supply of solid food, before the last meal is perfectly digested and turned into blood, is highly pernicious ; but as I have remarked the injuries arising from *long fasting*, at page 194 ; a glass of spring water,

or

or dish of tea, may be proper to dissolve, and assist the stomach in getting rid of its remains.

If the patient after eating is oppressed at stomach, sleepy, affected with internal throbbing, and flushings in the face; in a word, if the body and mind are much less vigorous and fit for action than before, he has then exceeded the proper quantity of food. How far its qualities are of consequence to health, may evidently be seen in the most striking of all calamities, a *famine*, which is often followed by the *plague*, from the extreme scarcity of wholesome food.

By EXERCISE is meant that general voluntary action of the muscles which puts the body in motion, as well as its passive agitation in a carriage, or on horseback, where it does not properly move itself, but is moved by something else: The first is always preferable to the last, where the strength is sufficient to allow it.

It

It has been remarked in the Section on Nervous Disorders, that by the propelling force of the heart, the stream of blood is driven through its several pipes and strainers; but this great instrument of circulation, tho' admirably adapted for that purpose, is not sufficient to keep up the blood's motion in the smallest order of vessels, without the contractive power of the muscles by *exercise*: In what manner it contributes to that end may be demonstrated, by the simple experiment of squeezing a lancet-case or any solid body in the hand, after opening a vein, where the blood passes too slowly from the orifice; but when the muscles are contracted, it instantly spouts out in a full stream.

Herodicus, the master of *Hippocrates*, who is said to have recovered himself by the power of exercise, was the inventor of the *Gymnastic Art*, as the means of *preserving*, or *restoring health*. If this ancient physician urged his practice to a faulty extreme, by

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thus

thus attempting, too indiscriminately, to cure all diseases; surely many of the moderns are as much to blame, in expecting to remove them without it; particularly those of the *chronic kind*, which generally arise from weakness, or some fault in the solids, to which the salutary power of exercise is immediately applied.

Exercise or bodily motion increases *animal heat* by the same law of nature that the electric globe, in whirling round, collects *fire*; hence it renders the blood more fluid, and promotes its free and equal distribution thro' the whole vascular system. Many diseases therefore, proceeding from weakness and a defect of circulation, or cold cause, may, by exercise, be effectually relieved; such as *nervous* and *hysterical disorders*, *agues*, a *dropsy*, *rheumatism*, and *palsy*.

In a word, motion is the very soul of nature; for whenever animal, and vegetable bodies, or even the elements of *water* and
air

air remain too long at rest, they depart from their original qualities; the first tend to dissolution and decay, the last become putrid and highly noxious:

Every fibre of a living body is endow'd with an *obscure vibratory motion*, which permanently exists throughout the whole system, even when it is apparently at rest; and from the exertion of *this living principle*, increased or put into additional motion by exercise, *atmospherical fire* is actually collected, in quantity proportionate to the degree of its motion:

Although this may at first appear a very extraordinary position, nothing is more obvious and experimentally true; since motion collects heat somewhat in the same manner, even in inanimate bodies, for iron may be hammered till it becomes hot, and the simple attrition, or rubbing of one body against another, produces similar effects.

The diffusion of *atmospherical fire*, which pervades, actuates, and gives life and mo-

tion to the parts of matter in general, seems to have been wisely opposed by the Author of Nature, to the universal law of *attraction*, which tends to concentrate, and bring them together. Hence by alternate *attraction* and *repulsion*, the motion of the whole material system is uniformly supported. Without fire, water would become ice; vegetation would be destroyed, and even the blood of animals converted into a solid mass.

From what has preceded, it will follow, that too much or little fire thus collected in the human system must be equally injurious to health. Those, for example, who are young, have strong *elastic fibres*, and use *violent exercise*, will be in danger of sudden fluxes of blood from the nose or lungs, as well as pleurifies and other inflammatory disorders; and on the contrary, others who are old, of a *phlegmatic constitution*, and inactive life, will be subject to *Agues*, *Dropsy*, and *Rheumatism*, a *venous Plethora*, or over-fulness

fulness of the veins, producing swellings, ulceration of the legs, and bleeding piles.

As the animal juices are accumulated by nourishment, and rest; and consumed by abstinence, and motion; it is a circumstance of the highest importance to health, to proportion them duly, that the natural ballance may be kept up between the solids and fluids.

Moderate Exercise is one of the most sovereign remedies of which we are possessed, either in preserving, or restoring health: It increases the natural heat of body, invigorates the heart, and promotes an equal distribution of blood. It assists the secretions of *perspiration, urine, and Stool*; strengthens appetite and digestion, renders the body less liable to the malignant influence of weather, or to the attack of putrid diseases; in short, it animates every part of the human system, and also gives alacrity and vigor to the mind.

The salutary power of *Exercise*, and good *Air*, is particularly exemplified in hand-working, country people, who, notwithstanding their indifferent food, are generally hearty and strong. They have a much better appetite, and digestion than the *rich* and *indolent*. By the increase of heat consequent of *Exercise*, the oily and watery parts of their food, such as it is, will be more uniformly mixed, and worked up into a proper degree of richness, and consistence to nourish the body.

Exercise, by walking in a dry, fresh air, is remarkably beneficial to those of weak solids, and pale watery blood; for it perceptibly increases their strength, and renders the face more *florid*: From this local alteration of the countenance, we may conclude the effect is general; and that the blood being rendered more fluid, by an additional degree of vital heat, is now capable of circulating through vessels of the extremest fineness, which were imper-
vious

vious to it before ; and upon those simple principles it may clearly be seen, why *Exercise* will be found the most sovereign remedy in all *Chronic Diseases* proceeding from lax fibres, and a cold cause.

In those indeed, of lean, dry habits, who live abstemiously, and are far advanced in years, exercise is not so necessary, or beneficial ; because it increases that rigidity of the fibres which then too much prevails, and consumes the moisture which old people, from the dissipation of their blood and juices, are less able to spare.

I have remarked elsewhere that *riding, on horse-back* is extremely beneficial to the *consumptive* ; and that friction on the legs, arms and belly, with hot flannels, twice a-day, is of the utmost service to weakly people who are apt to take cold ; because it generates heat, and promotes circulation.

Swinging is productive of the like benefit ; from the great resistance to bodies swiftly moving through the air. Hence it is

manifest, *atmosphpherical fire* will be collected by such *exercise*, and that its quantity will proportionate to the velocity of the body so moved.

If this was not the case, those when thus violently impelled through the cold atmosphere would be almost chill'd to death; whereas, on the contrary, they find themselves warmer than before.

How different is sleep, after *exercise*, from that produced by the effects of liquor, or a full stomach? The first is tranquil and refreshing, the last disturbed with dreams, suffocation, or night-mare; and heat suddenly obtained from a large fire, does not occasion that pleasurable, and permanent internal glow, as when gradually acquired by *bodily motion*. In short, *Activity* is the parent of *Fortitude* and *Health*; but *Indolence* begets *Timidity* and *Diseases*.

To conclude, we have now seen how *Intemperance* and *Irregularity of the Passions* may wear out the animal system and anticipate
its

its decay. In such as supinely submit to their power, *the Sun will go down at noon*; whilst the votary to *Temperance* may probably arrive at old age, without diseases, or pain: 'Tho' he was born to die, the bond of union between the soul and body will rather be gently unloosed than forcibly torn asunder. When his radical moisture is exhausted, as in a lamp deprived of oil, the vital flame will languish, and at last must needs be extinguished!

The state of the *Body* and *Mind* have been represented as they really are, not as we might wish to find them. We have endeavoured to shew their *mutual influence*, and how they co-operate with each other; what condition *fits them for health*, or *tends to introduce diseases*; how they are alter'd by the *effects of age*; subject to the internal controul of *inordinate passions*; outwardly exposed to the power of a *malignant atmosphere*; and insensibly perverted by the prevalence of *pernicious habits*.

If

If such are their various affections, and if our *manner of living*, changes the manner of *thinking*, and influences our moral conduct ; thrice happy they who have been accustomed to *early Temperance*, and the due *regulation of their Passions*, as powerful motives to Virtue, and the surest means of *preserving health, prolonging life*, and tasting its pleasures with the dignity and refinement of rational beings.

T H E E N D.

S U P P L E M E N T.

Necessary Instructions for those who consult a Physician by Letter.

TISSOT, at the conclusion of his *advice to the people*, remarks that the success of medicines greatly depends upon a very exact, previous knowledge of the disease for which they were administered, he therefore has set down *several questions* to be answered by those patients who may find it necessary to consult a physician by letter.

Considering the vague, and imperfect manner in which some people endeavour to make known their complaints; their tedious recital of many uninteresting circumstances, and omission of others necessary to be known; such instructions appear to have been highly requisite. I have therefore, after his example, here subjoined such particular questions as are proper to be answered
by

by female patients in stating their cases, which will render them more clear and intelligible.

From inattention to the *following queries*, and the addition of several particulars foreign to such cases; many of the Letters with which I have been honored, were drawn out to an immoderate and unnecessary length.

What is the patient's age, habit of body, and manner of living?

How long has she been ill; from what apparent cause was her disorder brought on, and what was the manner of its first attack?

Is the periodical discharge regular; is she pregnant; or has she ever had Children?

Are the patient's complaints attended with pain, thirst or fever: and is her strength much exhausted?

Are they constantly the same, or if otherwise, at what particular times do they grow worse?

Has

Has she pain and giddiness in the head, oppression at stomach, or difficulty of breathing?

Is she affected with sickness and vomitings, or a nauseous, bitter taste in her mouth?

What is the natural State of her bowels, as to being costive or laxative?

Is the urinary discharge deficient in quantity, and perspiration obstructed; is she restless, or does she enjoy refreshing sleep?

What is the place of the patient's residence, and state of the Air; is it cold, and dry, or warm and moist? What Medicines has she taken, how long, and what were their effects?

Simple

Simple Forms of Medicine referred to in the preceding Work.

THE medicines here set down, being composed of few ingredients, may be had of the *Apothecary*, nearly at the same expence as if the articles were bought separately, and prepared by the patient ; such *Forms* being chiefly added to ascertain the *Quantity* and *Quality* of Medicines peculiarly adapted to the *Female disorders*, previously treated of.

When medicines are disposed of at an under value, they cannot be supposed good ; those who are desirous to recover their health, and expect them *genuine*, should have them from an *Apothecary* without regard to price.

Note, To avoid confusion ; the number of the different medicines here referred to,
is

is regularly continued; and wherever any medicine is omitted at its particular figure, there is always a reference to a former number, where the same medicine had previously been set down.

Anodyne or Composing Pill. No. 1.

Take of strained Opium, two grains; Almond Soap, one scruple; Peruvian Balsam, two drops; let them be perfectly mixed and divided into six pills. To be taken as directed at page 53.

Strengthening Infusion. No. 2.

Take of fresh powdered Peruvian Bark, one ounce; yellow rind of Orange-Peel, three drams; infuse them twenty-four hours with a pint of boiling water, in a large tea-pot kept gently warm; let them be stirred now and then, and to the strained liquor, add three drams of compound spirit of lavender, and of confection of Alkermes half an ounce. A Tea-cup full may be taken as directed at page 66.

Anodyne

Anodyne Opiate Pill. No. 3.

The same as No. 1, which see, and take as directed at p. 67.

Strengthening Pills. No. 4.

Take of the soft extract of Peruvian bark, two drams, fine powder of Myrrh, and Salt of Steel, of each one dram, Essential Oil of Cinnamon, four drops ; mix them well together, make the whole into a mass and divide it into forty Pills, to be taken as at p. 67.

Opiate Mixture. No. 5.

Of simple Mint-Water, seven ounces, Mindererus's Spirit, half an ounce, Thebaic tincture, forty drops, Syrup of White Poppies, half an ounce. Take two spoon full occasionally, as at p. 75, till the flurry of spirits, and pinchings in the bowels go off.

Antimonial Vomit. No. 6.

Take of Emetic Tartar, two grains, Spring Water, one ounce and half, Oxymel of Squills, three drams. To be given as at p. 76. De-

Deobstruent Pills. No. 7.

Take of Socotorine Aloes, extract of black Hellebore, and Almond Soap, of each one dram, essential oil of tanfy, four drops, make them into a mass for forty pills; to be taken as at p. 76.

Strengthening Infusion. No. 8.

Infusion, No. 2, to which add one dram of the Acid Elixir of Vitriol, and take as mentioned at p. 84.

Astringent Injection. No. 9.

Take of Alum, and White Vitriol, in powder, of each one dram, dissolve them in one pint of boiling water, and when cold filter the solution through paper.

It may be used milk-warm, with a womb syringe, as directed at p. 85, twice a-day.

Cathartic or Purging Draught. No. 10.

Take of limoniated Infusion of Sena, two ounces, in which dissolve three drams of Manna, Compound Spirit of Lavendar one dram. To be taken as directed at p. 94.

Alterative Decoction. No. 11.

Take of cut Sarsaparilla Root, one ounce and half, boil it slowly in a quart of pure, soft water, to the consumption of half; and to the strained liquor, add one pint of the Strengthening Infusion No. 2. A Tea-cup full may be given as mentioned at p. 94.

Cathartic or Purging Draught. No. 12.

The same as that at No. 10, which use as directed at p. 95.

Cooling Ptisan. No. 13.

Take of Sena leaves, and Crystals of Tartar, of each three drams; Black Tamarinds one ounce. Infuse them in a pint of boiling spring water; and of the strained liquor take three or four spoon full, as the case, at p. 96, may require.

Restorative Infusion. No. 14.

Take of the Alterative Decoction No. 11, one pint, Soft Extract of Peruvian Bark, two darms. To be given as directed at p. 97.

Restorative

Restorative Strengthening Infusion. No. 15.

Take of Restorative Infusion No. 14, half a pint, Elixir of Vitriol, forty drops.

To be given as at p. 103.

Volatile Liniment. No. 16.

Take Oil of Almonds, one ounce and half; Volatile Aromatic Spirit, three drams; Thebaic Tincture one dram; shake them together 'till they incorporate, and let a tea-spoonful be rubbed in upon the back and loins twice a-day, as directed at p. 104.

Strengthening Plaster. No. 17.

Take of common Plaster two ounces; Myrrh and Frankincense in fine powder, of each half an ounce; melt the common plaster and add the rest, by degrees, till they incorporate. To be spread on leather, and applied to the small of the back as directed at p. 104.

Purging Potion. No. 18.

Take the Purging Draught No. 10. It may be given as directed at p. 105.

Alterative Pill. No. 19.

Take of the Mercurial Pill, according to the *Edinburgh* Dispensatory, and extract of Hemlock, of each one dram; mix, and divide them into twenty pills; which take as directed at p. 105.

Strengthening Bitter Infusion. No. 20.

Take of fresh powdered Peruvian Bark, one ounce, tops of lesser Centaury, and fresh rind of Seville Orange-Peel, of each half an ounce; infuse them in one pint of boiling water, for twenty-four hours; to the strained liquor add two drams of the bitter Tincture of the *London* Dispensatory; and take as directed at p. 105.

Aperient Apozem. No. 21.

Take of the fresh root of Dandelion, slic'd, three ounces; boil it slowly in one quart of soft water to the consumption of half; to the strained liquor, add three drams of soluble Tartar, and two drams of compound Spirit of Lavendar. To be taken as at p. 120.

Uterine Injection. No. 22.

Take of the infusion of White Poppy Heads, strained, one pint; *Goulard's* extract of Lead, one tea spoon full; Tincture of Myrrh, three drams. To be used as mentioned at p. 121.

Saline Mixture. No 23.

Take of fresh Lemon Juice one ounce and a half, Salt of Tartar one dram; add six ounces of simple Cinnamon water, and half an ounce of the syrup of Orange-peel. Two or three spoon full to be taken occasionally, as directed at p. 121.

Anodyne Clyster. No. 24.

Take two large white Poppy Heads bruised; of dried Elder Flowers, half an ounce; boiling water half a pint; to the strained liquor add twenty or thirty drops of Thebaic Tincture. To be administered as at p. 121.

Alterative Decoction, No. 25.

See this decoction at No. 11, which give,
as directed at p. 122.

Hemlock Pills. No. 26.

Take of the extract of Hemlock one dram;
essential oil of Peppermint, two drops; di-
vide the mass into twelve pills, one or two
of which may be taken twice a-day, as men-
tioned at p. 118, either alone, or with the
Alterative Decoction, No. 122.

Astringent Injection. No 27.

See this Injection No. 9, which use as di-
rected at p. 134.

Strengthening Infusion. No. 28.

See this medicine at No. 2, of which give
a tea-cup full twice a-day, in the case men-
tioned at p. 134.

Astringent Injection. No. 29.

See Injection no. 9, which use as directed
at p. 139.

Opiate Pill. No. 30.

See this Pill No. 1, which may be given
every

every six or eight hours, should the case be extremely urgent, as at p. 144.

Laxative, Balsamic Mixture. No. 31.

Take of Spermacæti, dissolved in the yolk of a fresh egg, two drams, pure Water seven ounces, Magnesia Alba two drams, Nitre half a dram, Balsamic Syrup half an ounce. A tea-cup full to be taken every two or three hours, as directed at p. 144.

Emetic Draught. No. 32.

See this vomiting draught No. 2, and which take as at p. 144.

Anodyne Julep. No. 33.

Take of the Tincture of Red Roses, according to the *London Dispensatory*, seven ounces; Tincture of Cinnamon three drams; Thebaic Tincture, forty drops; Syrup of Red Poppies half an ounce. To be taken as at p. 150.

Strengthening Infusion. No. 34.

See this Medicine No. 2, of which give a tea-cup full twice a-day as directed at p. 158.

Laxative Mixture or cooling Ptisan. No. 35.

See the Mixture No. 13, which may be taken as at p. 159.

Strengthening Infusion. No. 36.

See this Medicine No. 2, of which give a tea-cup full twice or thrice a-day, as at p. 160.

Anodyne Pill. No. 37.

This Pill at No. 1, which may be taken as at p. 160.

Opiate Clyster. No. 38.

See this at No. 14, to be administered as at p. 171.

Cooling Lotion. No. 39.

Take of the Sugar of Lead half a dram, Spring Water half a pint, To be used as directed at p. 172.

Opening Electary. No. 40.

Take fresh Pulp of Cassia one ounce, Flake Manna half an ounce, Crystals of Tartar, in extreme fine powder, three drams; Syrup of Red Poppies, a sufficient quantity
to

to make the whole into an electary, to be taken in the quantity and manner mentioned at p. 172.

Pile Ointment. No. 41.

Take of the White Ointment of Elder, according to the London Dispensatory, one ounce; White Wax one dram; Sugar of lead, half a dram, grind the last with a few drops of oil, then let the whole be melted over a very slow fire, strain it thro' a flannel and stir it till cold. To be spread on fine linen rag and applied to the affected part as mentioned at p. 172.

Strengthening Infusion. No. 42.

See this infusion no. 2. to half a pint of which add half a dram of nitre, and take as directed at p. 173.

Anodyne or Opiate Emulsion. No. 43.

Of the common emulsion, made with blanch'd almonds, one pint, Thebaic tincture, forty drops; take a cup full frequently when in pain, or as the case mentioned at p. 176 may require.

Nephritic Emulsion. No. 44.

Take of the Anodyne Emulsion, No. 43, half a pint, Lixivium of Tartar, one dram. Three or four spoon full may be taken occasionally, as at p. 178, when affected with gravel.

Strengthening Infusion. No. 45.

See this medicine at No. 2, and take it as directed at p. 180.

Anodyne Emulsion. No. 46.

See this emulsion at No. 43, which take as required at p. 183.

Emollient Bolus. No. 47.

Of the compound powder of Gum Tragacanth half a dram, Syrup of white poppies a sufficient quantity. Take as directed at p. 183.

Balsamic Mixture. No. 48.

See this mixture No. 31, of which take a small cup full, as occasionally required at p. 183.

Alterative Decoction. No. 49.

See this medicine at No. 11, which take as required at p. 184.

Opiate Pill. No. 50.

See this pill, No. 1 ; it may be occasionally taken, as at p. 212.

Stomachic Tincture. No. 51.

Take elixir of aloes half an ounce ; Volatile tincture of Guaiacum two drams, mix. A tea spoonful may be taken occasionally in allspice tea, as indicated at p. 212.

Madame Nouffer's Worm Powder. No. 52.

Root of *Male Fern*, in fine powder, two drams, mix it in any liquor, and take it in bed early in the morning ; two hours after, the following bolus is directed. Take of the Panacea of mercury, and dry resin of scammony, each, twelve grains ; of gamboge, five grains ; reduce them into fine powder, and make a bolus, with a sufficient

ficient quantity of syrup. See p. 215. This bolus ought never to be directed without great caution, and proper advice.

Stomachic Pills. No. 53.

Take of the aromatic pill, according to the London Dispensatory, two drams, divide into twenty pills, and take one every night, going to bed, or as indicated at p. 219, washing them down with a spoonful of tansy tea.

Aromatic Plaster. No. 54.

Take of the stomach plaster, of the London Dispensatory, a sufficient quantity, let it be spread on fine leather, and applied warm to the pit of the stomach, as at p. 219.

Peruvian Tincture. No. 55.

Take of the finest, fresh powdered Peruvian bark, one ounce ; *Cinnamon Buds*, and lesser Cardamom seeds, husk'd, of each, one dram ; proof spirit, half a pint ; let them digest for a week with a slow heat, and in a close corked bottle which should frequently
be

be shaken. Filter the tincture thro' paper; and take two tea spoon fulls, or more, two hours before dinner, in Bath, Pyrmont water, or orange-peel tea, as directed at p. 221.

Diuretic Mixture. No. 56.

Take of vinegar of squills, one ounce and half; salt of tartar, one dram; when the fermentation is over, add of peppermint water, six ounces; tincture of antimony, two drams; Thebaic tincture, one dram; fyrup of orange-peel, half an ounce. Take two spoon full, as indicated at p. 335, and repeat the dose, occasionally, 'till it produces a sensible evacuation by urine, or otherwise.

Aperient Apozem. No. 57.

See this apozem at No. 21; of which take a large tea-cup full twice or thrice a-day, as directed at p. 337.

Sudorific Powder. No. 58.

Take of emetic tartar, three grains; strained opium, dried and reduced into powder, four grains; magnesia, one dram; mix

mix them perfectly, and divide into six papers of powder ; one of which may be taken in a small quantity of any liquid, going to bed, so as to raise a sweat, as directed at p. 342.

Sudorific Julep. No. 59.

Camphorated Julep, seven ounces; *Mindererus's* Spirit half an ounce, mix and take two spoon full occasionally, as indicated at p. 342.

Medicated, Alterative Juices. No. 60.

Take of the fresh juices of Green Walnuts, before they begin to shell, of Seville Oranges, Garden Scurvy-grafs, and Water Cresses, of each half a pint ; mix and let them stand 'till the dregs subside ; pour off the clear liquor through a flannel strainer, and add one ounce of the finest Flake Manna, which dissolve without heat. Take a tea-cup full, once or twice a-day, as directed at p. 350, and let the Juices be often fresh prepared, lest they should spoil by long keeping.

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